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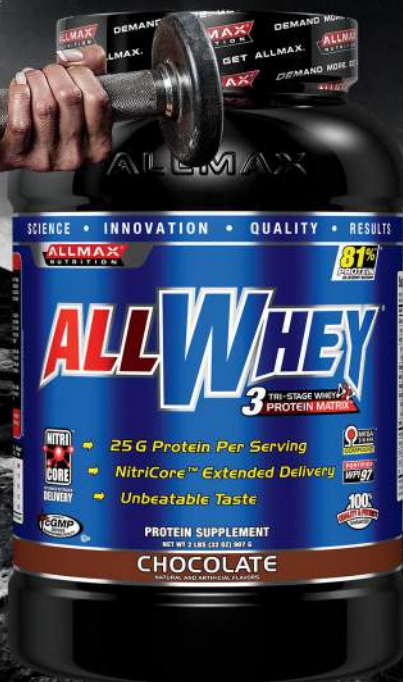
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INSIDE THIS MONTH

SEPTEMBER 2015

FEATURES

54 RULE BREAKER

Top British pro Shaun Joseph-Tavernier on doing it his way.

70 A PAIR OF EIGHTS

Lee Haney and Ronnie Coleman—the two icons with the most Olympias.

78 UP THE RANKS

Aaron Clark's road to the Olympia 212 Showdown starts from the ground up.

88 SAUCY

Spice up your meals with these healthy condiment recipes.

92 DELTSTRUCTION

Broader shoulders will be yours if you follow this intense four-week plan.

100 GIANT GAINS

World's Strongest Man Brian Shaw reveals the secrets behind his success.

106 STRONG SUIT

Jelena Abbou is all business in the gym.

110 AB-SOLUTIONS

Ten legendary ab men offer techniques to chisel your six-pack.

116 LIVE FROM NEW YORK

Juan Morel wins the New York Pro.

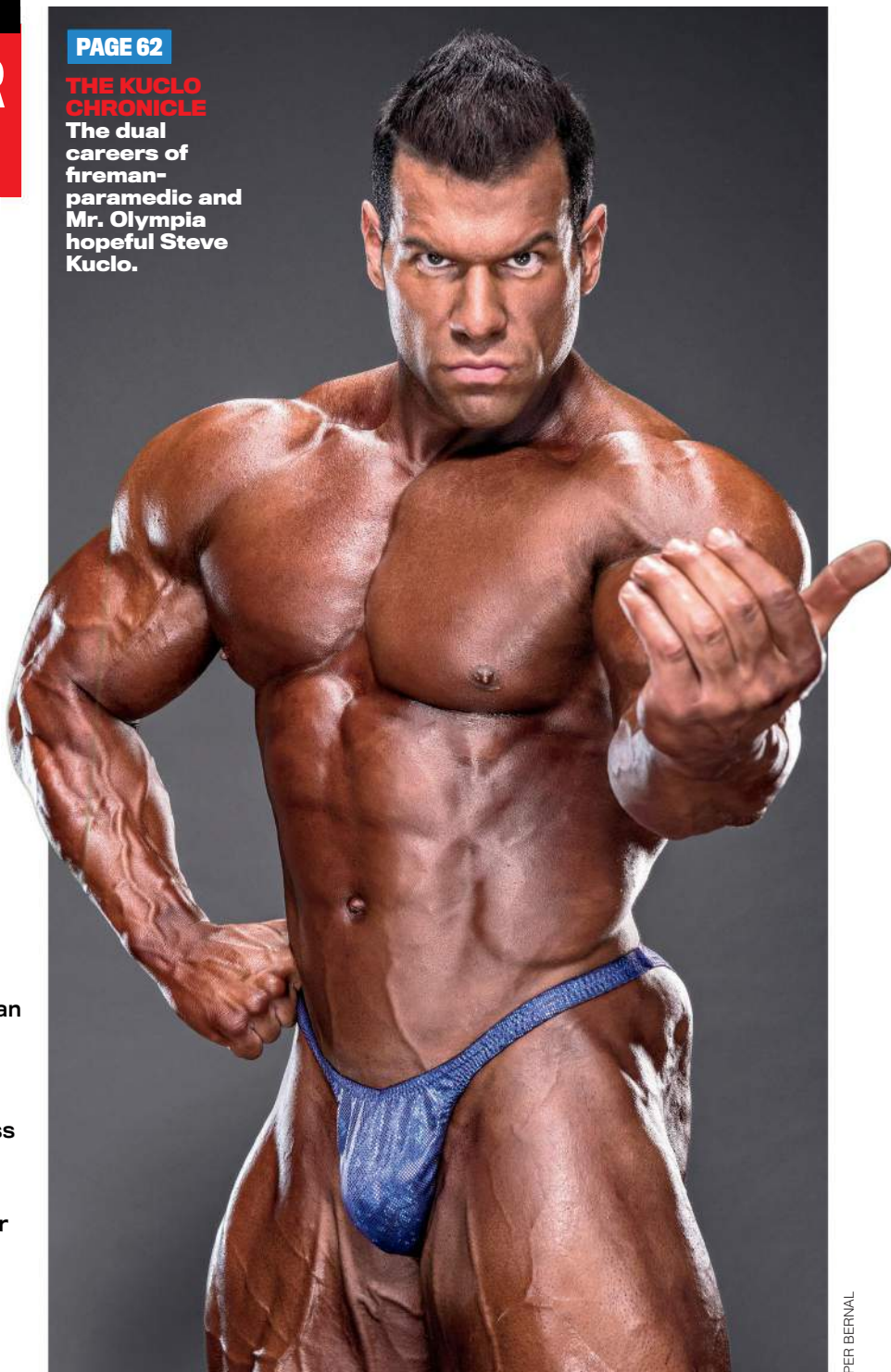
120 CLASSIC MUSCLE

Try British men's physique pro Ryan Terry's high volume arms workout; Jamie Gray on why he downsized to look better and Szilvia Babinszki on improving with age.

PAGE 62

THE KUCLO CHRONICLE

The dual careers of fireman-paramedic and Mr. Olympia hopeful Steve Kuclo.



PER BERNAL

DEPARTMENTS

10 ARNOLD'S PAGE
12 EDITOR'S LETTER
14 IT'S ONLY MY OPINION
16 1ST SET
26 LIFT
42 FOOD & SUPPS

130 LOOKING BACK
140 LAST SET
143 BODYBUILDER OF THE MONTH
144 THE SHOT



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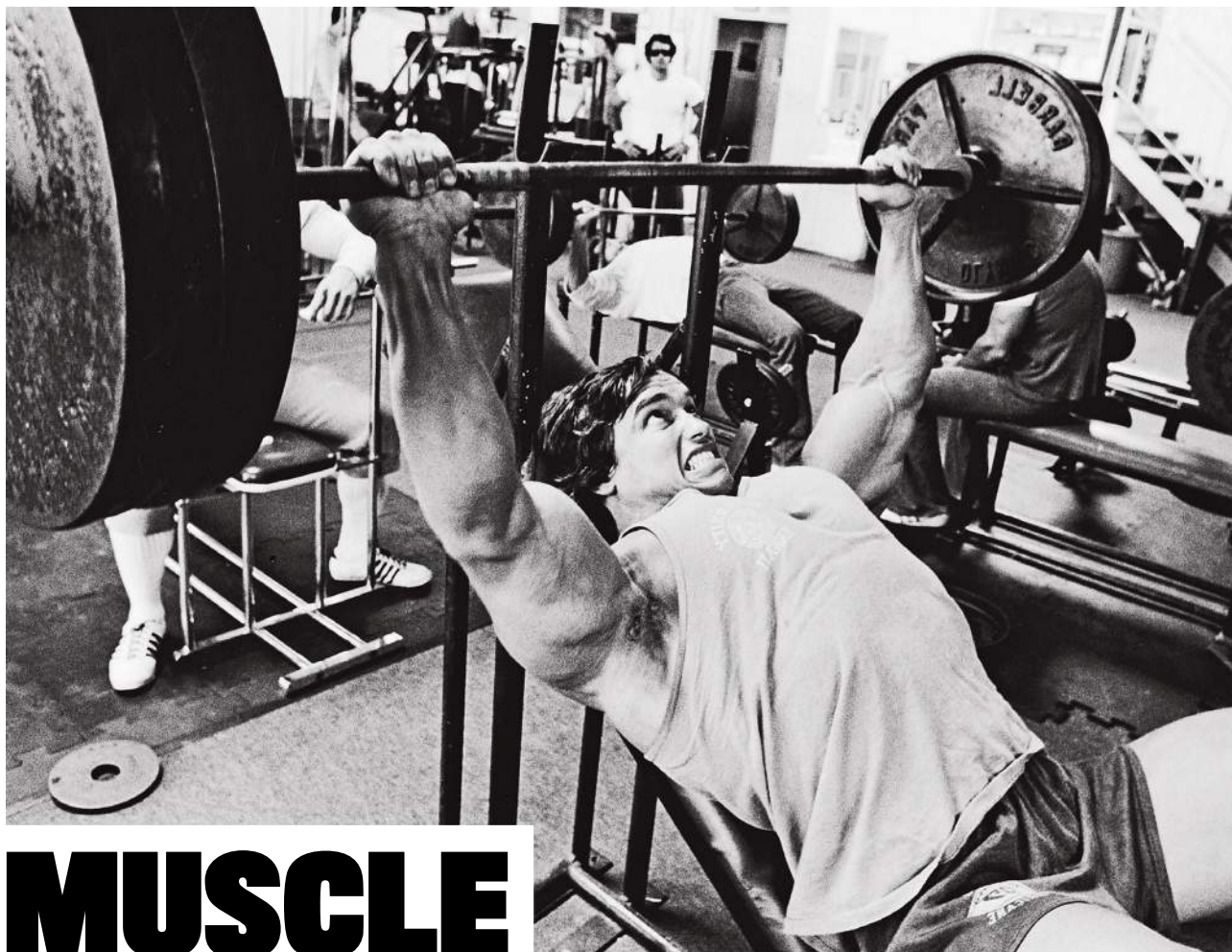
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MUSCLE BUILDER POWER

NO MATTER WHAT YOUR GOAL, DON'T NEGLECT TRAINING FOR STRENGTH

Q I'm not looking to be a competitive weightlifter. Should I bother training heavy? —CHIP O., VIA FACEBOOK

I've always preached the importance of making the mind-muscle connection in your training—focussing on how a weight makes your muscles feel rather than how much you're actually lifting. But that doesn't mean you shouldn't give some consideration to the weight you use. After all, weight training is about progressive overload, and if you don't eventually increase the load, your body

won't have reason to progress.

Every great bodybuilder I know started out with basic movements and trained them very heavy. Franco Columbu was a world-class powerlifter; Sergio Oliva was on Cuba's Olympic weightlifting team. I competed in both of these sports while bodybuilding. For one thing, it feels great to be strong and it gives you a psychological edge (in any competition, and in life), but heavy training develops muscles to a degree that you can't get exclusively from light, pumping workouts. The spinal erectors respond to deadlifts like nothing else, and shoulders that are built with clean and presses are

almost always more impressive than those weaned on lateral raises.

I suggest you devote one day a week to heavy lifting. Pick a movement like a squat, bench press, or deadlift and work up to a few heavy sets of 1 to 6 reps. Then, do a back-off set of 10 or more reps. Not only will this make you look strong, but you'll also be able to prove that you actually are if anyone ever questions you on what big muscles are good for.

YOURS IN IRON,

ARNOLD SCHWARZENEGGER

ASK ARNOLD Have a question for Arnold? Ask it on the FLEX Facebook page for a chance to see it here.

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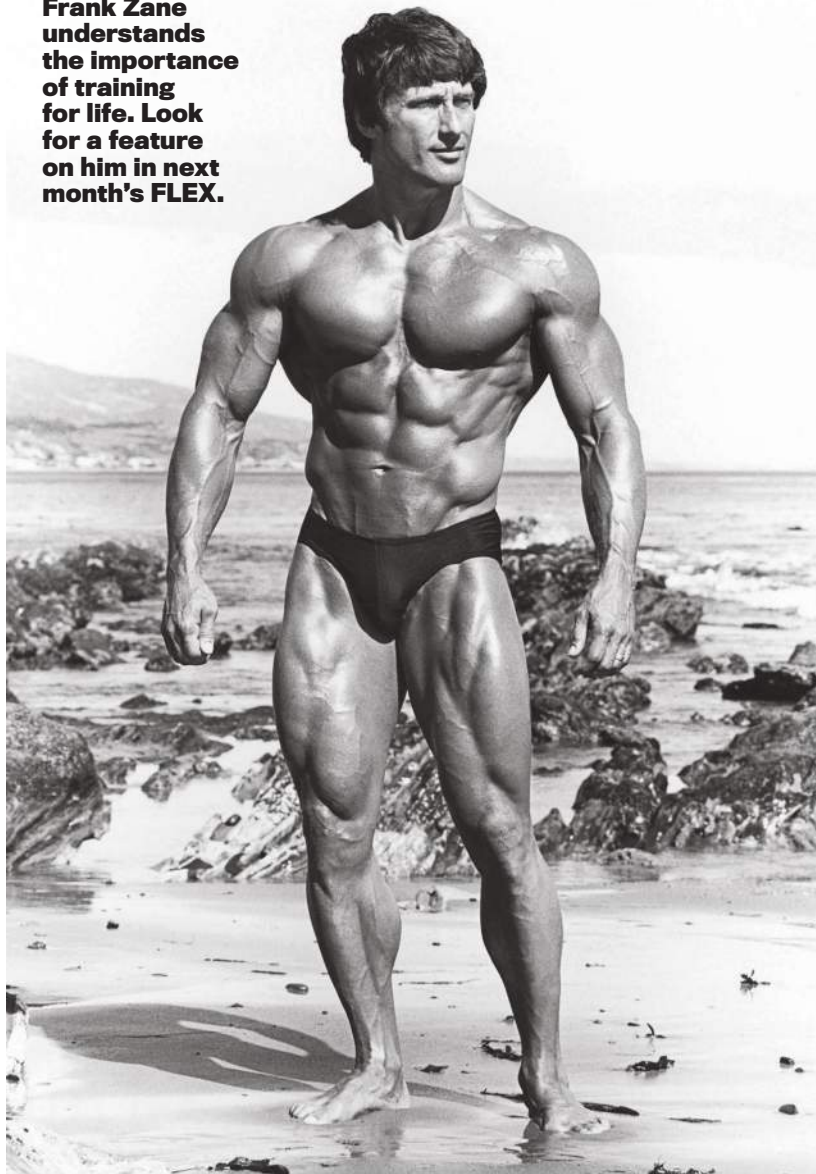


ENERGY



FOCUS

▶ **Frank Zane understands the importance of training for life. Look for a feature on him in next month's FLEX.**



'TIS THE SEASON

AS SUMMER WINDS DOWN AND FALL BEGINS, REMEMBER THE BENEFITS OF LIFTING BEYOND LOOKING GOOD AT THE BEACH

This is it—the season we've all been waiting for: Olympia!

As the summer winds down and fall begins, we here at FLEX look forward to the biggest event in bodybuilding as we watch serious athletes display the fruits of their labours.

Yet while appearance and competition can be huge motivating factors in getting builders to the gym four, five, or even six days a week, I hope you consider the health benefits of your lifestyle as well. When you go into the gym each day, your focus may be on bettering your last workout, building up your arms, or trimming your waist. But the fact is that by engaging in focused physical activity, you are also strengthening your heart, improving your circulation, and increasing the flow of oxygen to your organs. I encourage you to keep that in mind as you continue to develop your muscles. It may sound trite, but without strong, healthy insides it doesn't matter what you look like on the outside.

And let's not underestimate the impact exercise has on your most important organ—the brain. Recent research suggests that the brain reacts to practise and use just like any other muscle in your body—by growing and becoming stronger. All those nutrients and all that pumping of fresh oxygen through your system not only hone your physique, they sharpen your mental focus, relieve stress, and clear your head.

We've all seen the tragic results of those who prioritize appearance or performance to the exclusion of their health. Life is a marathon, not a sprint. Why burn out at 100 meters when you've got a good 26 miles to go?

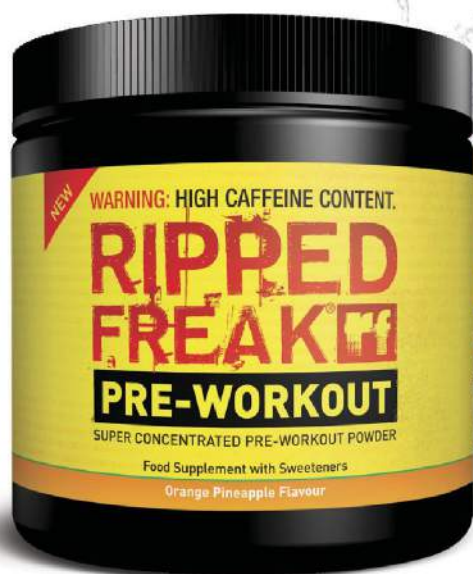
So, go out there and show the world what you've got. Take satisfaction in knowing that you didn't take any shortcuts in getting to where you are and worked hard. But don't forget how much a healthy body helps you perform well in all areas of your life.



More Power To You,

SHAWN PERINE
Editor in Chief

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A BIGGER, STRONGER, MORE WELL-DEVELOPED BODY

 How many times have you heard people lazily declare, "Yeah, I would love to build a body that's bigger, stronger, and much more developed, but I simply don't have the time" or words to that effect? I must admit that I've heard this at least 1,000 times during the past 50 years, even though the answer is always the same. You do not need a lot of time to build a bigger, stronger, and more developed body, because the real truth of the matter is this: All you need is 3 hours of progressive resistance training a week. And, by the way, that's not 3 hours a day; that's 3 hours a week. 3 workouts a week that do not exceed 1 hour each time!

In sunny California where the sunrise wakes you up early, all the top bodybuilders make their way to the gym to start the day off with a good workout. These great bodybuilders usually train at least 5-6 days a week using a split routine, which is fine for them, but fatal for the average trainee who struggles like crazy to build even a pound of solid muscle.

If you had to suddenly start training at 7 a.m., 6 days a week, in this miserable climate, you would probably never touch another barbell or dumbbell again after only a week's training. And, even if our climate suddenly changed into California weather, training 5-6 days

a week would certainly leave you totally overtrained.

Almost every average bodybuilder whom I have known over the years has headed off to hit the iron when he finished work, and the most successful of them always trained only 3 days a week for a maximum time period of 60 minutes. Bodybuilders can still do this today because the 3-days-a-week whole body routine has been almost totally replaced by the Monday, Wednesday, and Friday split routine—the best routine ever devised for the hardgaining young aspiring bodybuilder, in my opinion. So, if you're still struggling to build a bigger and better body, try this 3-days-a-week split routine for at least 6 weeks.

On Monday, do the following routine for your legs, biceps, triceps, and forearms:

WORKOUT A

1. BREATHING SQUATS

One set of 20 reps. Do two warm-up sets, increasing the weight each time. Then do one all out work set, of 20 reps, with three huge breaths in between each rep. Increase the poundage every workout even if it's only a total of 21/2 pounds. (11/4 pounds each side).

2. STANDING CALF RAISES

3 work sets, of 15-20 reps.

3. BARBELL CURLS

Supersettted with tricep press-

downs. 3 supersets of 12-15 reps.

4. ALTERNATE DUMBBELL

CURLS Supersettted with EZ lying extensions. 3 supersets of 12-15 reps.

5. WRIST CURLS Supersettted with reverse wrist curls. 3 supersets of 15-20 reps.

On Wednesday, after a day of rest, train your chest, back, and shoulders:

ROUTINE B

1. BENCH PRESS 3 sets of 15, 12, then 10 reps, increasing the weight each set. Reduce the poundage by a total of 20 pounds and do one final burnout set to total failure.

2. INCLINE DUMBBELL PRESS

Do 1 warm-up set first, then 2 work sets of 12-15 reps.

3. CHINS or PARALLEL GRIP PULLDOWNS

Start with 1 warm-up set of 5-6 reps if you can do chins, followed by 1 all-out work set to total failure. 2 work sets of 12-15 reps. If you struggle with chins, do 2 work sets of parallel-grip pulldowns.

4. BENTOVER ROW Do a warm-up set first, then 2 work sets of 12-15 reps.

5. SEATED DUMBBELL SIDE

RAISE Do 1 warm-up set first. 2 work sets of 12-15 reps.

6. SEATED DUMBBELL PRESS 2 work sets of 12-15 reps. Do 1 warm-up set first.



Chris Duffy

On Friday after a day of rest, do routine A again, then rest the whole weekend. On Monday, start the week with routine B, and so on.

This routine, which has now been labelled the Monday, Wednesday, and Friday split routine is probably the most effective muscle building workout ever devised, for a hardgaining bodybuilder. Your muscular body parts, rest periods,

and recovery system should never leave you overtrained, which means that you should be constantly growing bigger, as well as becoming stronger on, more or less, a weekly basis.

Therefore, it is imperative that you always attempt to become stronger and stronger at almost every single workout. These strength increases can come in the

form of doing more repetitions or adding small amounts of poundage to your exercises, or both. This is known as progressive resistance training, the true art behind building a bigger, stronger, and more well-developed body.

**See you next month,
Keep training
CHRIS LUND**

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1ST SET

PAGE 22

**INTO THE
OZONE
THINK YOU
KNOW
OLYMPIA
HISTORY?
THINK AGAIN.**



Bikini pro Diana Becker explains why her sport is more challenging than people think.

PAGE 18

Who was better: Lee Labrada or Rich Gaspari?

PAGE 20

Go back in time with former Mr. Universe Dave Draper.

PAGE 24



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GET ON DECK

BIKINI PRO DIANA BECKER THRIVES ON COMPETITION

1 Were you athletic growing up?

I did stunt cheer-leading in college, where the girls are thrown in the air. It's very technical and athletic and involves a lot of jumping, tossing, and pyramid work.

2 Are your fitness goals different now from when you first started competing?

At this point in my career, there's no pressure. I've done the Bikini Olympia and placed in the Bikini International. Now I can just focus on being the best I can be with no distractions.

3 What's your favorite body part?

Glutes. I do the most work on them. It doesn't come naturally to me, so I'm definitely most proud of my bum.

4 What's a misconception that people have about bikini competitors?

That we don't work out really hard. Or that we just have to diet and quit eating cheesecake! Guys will see me in the gym and say, "Wow, you're here every day," or, "I can't believe how hard you train."

5 Do you have a favourite quote?

"To give anything less than your best is to sacrifice the gift," by Steve Prefontaine.

6 Do you enjoy travelling for competitions?

Once I was stranded in Prague after a competition due to weather. There are worse places to be stuck.

7 Is there another career you would like to pursue?

I love the human body, and I'm in school pursuing a career in the medical field.

8 Do you have a cheat food?

Definitely sushi. I like the specialty rolls with lots of avocado and yummy sauces.

9 What's something people don't know about you?

I have small hands and feet. My shoes fit into my son's—and he's 10.

10 Any requests from admirers or followers?

I get a lot of requests for my shoes. Guys ask if they can buy them.



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GASPARI vs. LABRADA

THE EPIC BATTLES TO
DETERMINE WHO WAS
THE SECOND-BEST
BODYBUILDER OF THE
HANEY ERA

HEAD-TO-HEAD RECORD

8 | **6**
(5 WINS) | (3 WINS)



STATISTICAL ANALYSIS

RICH GASPARI

HEIGHT	YEARS AS PRO	BORN
170 cm	11	5/16/63
WEIGHT	PRO CONTESTS	PRO WINS
100 kg	31	9

LEE LABRADA

HEIGHT	YEARS AS PRO	BORN
168 cm	9	3/8/60
WEIGHT	PRO CONTESTS	PRO WINS
86 kg	24	7

CHRIS LUND COURTESY OF WEIDER HEALTH AND FITNESS (4)

In the '80s, when Lee Haney reigned supreme, two shorter champs battled to be No. 2. The younger, Gaspari, made it to the IFBB Pro League one year before Labrada, but both travelled the same path, winning their classes at the NPC Nationals and IFBB World Championships in back-to-back years. In 1987, Gaspari, the son of an Italian immigrant, bested Cuban refugee Labrada three times (twice by one place). This set up their legendary shootouts throughout Europe the next autumn—duels that pitted the freakishly dense and defined Gaspari against the perfectly proportioned Labrada. In those seven 1988 shows, they finished one-two in six and one-three in the other. Gaspari won four, Labrada three.

After Gaspari occupied the coveted space from 1986–88, Labrada succeeded his greatest rival as Mr. O runner-up in 1989–90. They faced off for the 14th and final time at the 1991 Mr. O, when Gaspari was fading. Looking back, Gaspari had one more Olympia second and two more pro wins than his adversary, but he also competed more and struggled his final four years. Consistently excellent, Labrada never missed a posedown. The head-to-head scoreboard favours Gaspari. But did he have a better career? And who had the superior physique? Twenty-four years after they last clashed, the debate continues.

**GASPARI****STRENGTHS**

**Conditioning,
leg and back
thickness**

WEAKNESSES

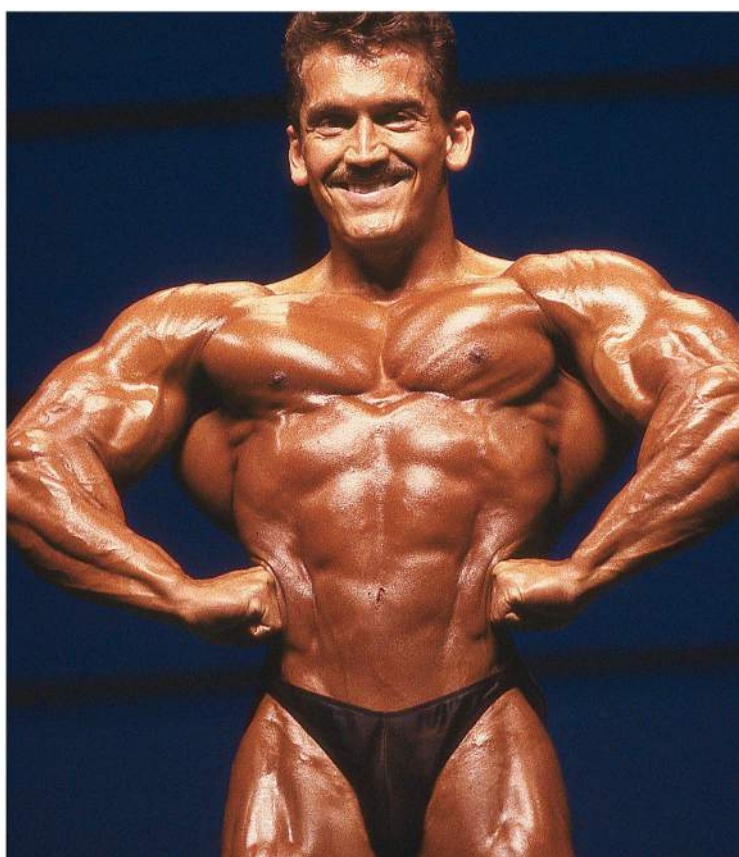
**Back width,
arms**

BEST POSE

**Abs and
thigh**

WORST POSE

**Rear
lat spread**

**LABRADA****STRENGTHS**

**Pleasing
aesthetics,
shoulders**

WEAKNESSES

**Quad size,
hamstrings**

BEST POSE

**Front lat
spread**

WORST POSE

**Most
muscular**

OLYMPIA MILESTONES

WITH THIS MONTH'S 2015 OLYMPIA WEEKEND, FLEX CONTINUES ITS LOOK BACK AT SOME UNFORGETTABLE MOMENTS IN THE 50-YEAR HISTORY OF THE SPORT'S BIGGEST EVENT

SYMMETRY IS IN

■ With the Olympia title in the hands of mass monsters Sergio Oliva and Arnold Schwarzenegger from 1967–75, it wasn't until 1977 that a paradigm shift occurred in the sport. That was the year

Frank Zane won the first of his three consecutive Mr. Olympias.

The 175-cm, 84-kg Zane didn't possess the Herculean thickness associated with the sport. Zane represented the aesthetic ideal. It wasn't until Lee Haney in 1984 that mass, once again, ruled the Olympia and bodybuilding.



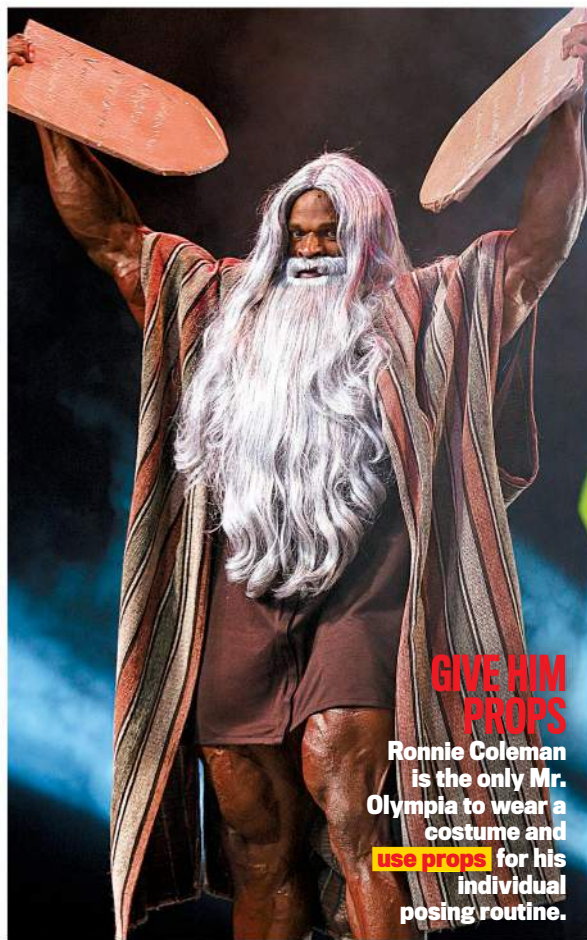
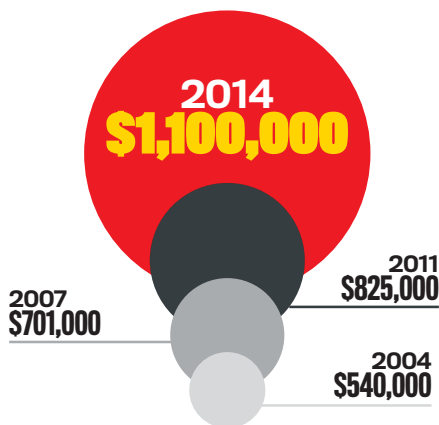
RECLAIMED

■ It's tough to knock out the champ—tough, but not impossible. In its 50-year history, only six Mr. O's have lost the title.

Of those six, only one reclaimed it the following year: Jay Cutler.

SHOW ME THE MONEY!

■ From 1965–74, prize money for the sport's ultimate title remained a paltry \$1,000. The triple-digit barrier wasn't broken until the mid-'80s. **The numbers kept inflating** through the '90s and early 2000s with the half-million mark made in 2004. Last year's total? See below.



GIVE HIM PROPS

Ronnie Coleman is the only Mr. Olympia to wear a costume and use props for his individual posing routine.

CLOSE CALLS

■ Throughout its 50-year history, Olympias have been claimed with relative ease (Sergio Oliva and Arnold Schwarzenegger both won unopposed in '69 and '71, respectively); or in avalanche decisions (Lee Haney in '84, Dorian Yates in '93, Ronnie Coleman in '03, and Jay Cutler in '09). **But equally memorable are the outcomes that could have gone either way.**

1972

Schwarzenegger beats an all-time best Oliva.

1980

Schwarzenegger comes out of retirement to capture his final O.

1981

Franco Columbu, back from a knee injury in 1977, beats out a strong field despite a down-sized and smooth lower body.

1990

A deflated Lee Haney edges out supersharp Lee Labrada to win his seventh Sandow.

1997

Suffering a torn

triceps tendon, Dorian Yates overcomes Nasser El Sonbaty to end his career with a sixth and final win.

2001

Heading into the final round, Ron-

nie Coleman trails Jay Cutler but ekes out the win.

2007

A smooth Jay Cutler manages to stop an in-the-shape-of-his-life Victor Martinez.

AND THE SANDOW GOES TO...

■ He's only 40 cm tall and weighs 7.7 kg, but the **Sandow trophy** is the biggest bodybuilder of them all. Modelled after the father of modern bodybuilding, Eugen Sandow, the statue has been handed to 11 Olympia winners (Larry Scott and Sergio Oliva predated it). The original Sandow was made in 1891, but the rendition for the Olympia was modeled after a gold statue made in 1894. The first Mr. O to receive it onstage was Frank Zane in 1977. Arnold Schwarzenegger and Joe Weider are credited with making it the Olympia trophy. Ironically, seven-time winner Arnold Schwarzenegger has only one Sandow via his 1980 victory. Lee Haney and Ronnie Coleman have eight apiece.

BEST OF THE BEST

■ In a 2003 poll, readers voted for their **favourite Mr. O**. Would this list look any different today? Cast your vote at **FLEXonline.com**

- 1 Arnold Schwarzenegger
- 2 Lee Haney
- 3 Dorian Yates
- 4 Ronnie Coleman
- 5 Frank Zane
- 6 Sergio Oliva
- 7 Larry Scott
- 8 Tie: Samir Bannout, Franco Columbu, Chris Dickerson



1ST SET THE BLOND BOMBER

BY DAVE DRAPER

DAVE DRAPER STATS

BORN APRIL 16, 1942 **HEIGHT** 183 CM **WEIGHT** 107 KG
CAREER HIGHLIGHTS 1963 MR. NEW JERSEY, 1ST;
1965 MR. AMERICA, 1ST; 1966 MR. UNIVERSE, 1ST;
1967 MR. OLYMPIA, 4TH; 1970 MR. WORLD, 1ST

zine. We lifted the cold and noisy metal not for a moment on a page of paper, but for reasons, wonderful reasons, too numerous to count. Oh, heck! Let me give it a try.

There's health, muscle, and might for starters. Not bad. There's the fun of lifting weights and the exciting challenge it presents, the physical pushing and pulling and stretching, the intelligent formation of exercises, movements, and routines, and the tantalizing pumping, burning, and striving. Weight training is a dynamic diversion providing strong camaraderie, identification, and hope. Few pastimes provide more benefits, rewards, and fulfillment.

Training builds discipline, perseverance, and patience. Mountains are climbed with these superior characteristics, lives are saved, and nations are shaped. Tough exercise puts order and rhythm in our lives, diminishing confusion and reducing stress, and that's worth more than a few trips to a psychiatrist's couch.

A strong back and strong heart match one's courage and confidence, four natural by-products of working out and regular lifting.

So why did we do the stuff we did? Don Howorth, Larry Scott, Frank Zane, Chet Yorton, Hugo Labra, Bill McArdle, Irvin "Zabo" Koszewski, George Eifferman, Chuck Sipes. The money? No. Not the money. Sure, a few bucks would have paid some bills and broadened the smile, but, no, not the dough.

The fame and glory? Such rewards circulated close to home, and no one was profoundly impressed. The brotherhood of recognition was quiet, almost silent. Fame and glory were as rewarding as the kiss of congratulations from the pretty girl in the miniskirt onstage.

It was the doing it that was good. And it's the doing it that continues to be good. None of us would change much if we were to do it all again. The smiles came when they weren't expected, and they've lasted a long, long time.

Lift weights for fame, glory, and money and you miss the point entirely. If you don't understand what I'm saying, I can't explain it.

WHY WE DO IT

THEY DIDN'T LIFT FOR
MONEY OR FOR FAME
OR GLORY. THEIRS WAS
A HIGHER CALLING,
OR, AT LEAST, A LESS
TANGIBLE ONE.

■ The Blond Bomber.

Dave Draper was the face and physique of bodybuilding in the early to late '60s. In this look back, he reveals why he and others toiled away in dark, dungeonlike gyms day after day for little to no pay. And still do today.

The smiles on the beaches were hard earned, and their payment was gained in the dark confines of gyms filled with heavy iron. Barbells and dumbbells were the source of resistance that built the muscles that built the men that built the maga-

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TRAINING TIPS TO POWER UP YOUR WORKOUTS



PAGE 32

OLYMPIA LEGS INFLATE YOUR WHEELS WITH MR. O'S TRAINING STRATEGY



Think you have what it takes to feel the burn and get huge with 100-rep sets?

PAGE 28

Grow each triceps head to stretch the tape—and your shirtsleeves.

PAGE 36

Which is best: low reps and heavy weight or high reps and light weight?

PAGE 38

Olympia 212 champ Flex Lewis shows you how to deadlift properly.

PAGE 40

Partial reps for max gains? Yes! Here's how to get the most out of each rep.

PAGE 41

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100- REP SETS

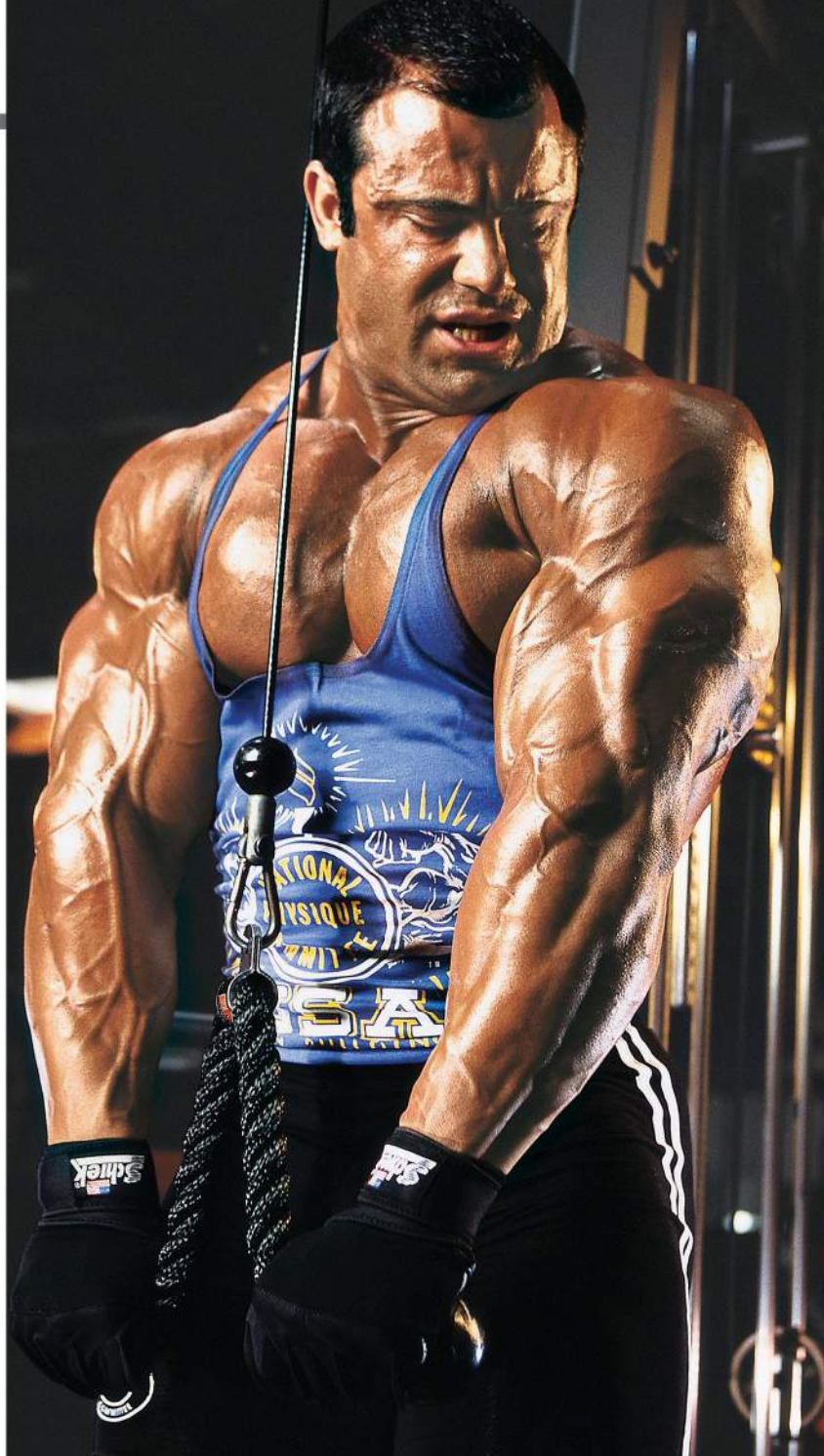
HOW TO USE
MARATHON REPS
TO FAST-TRACK
NEW GAINS

One hundred.
It's crazy, right?

It's the length of a football pitch in yards. It's a century. It's enough miles per hour to earn a painful fine. In those contexts, it's big. But in regard to reps per set, it's huge. Dorian Yates didn't do 100 working reps in an entire workout! You may not have ever considered cranking out a set of 100—until now.

The training style popularly known as 100s targets slow-twitch muscle fibres and permanently enhances blood flow to your muscles. In other words, it's a unique and effective means of boosting growth. And there's nothing crazy about that.

**100s can
boost growth
and improve
vascularity.**



THE CENTURY CLUB

Rory Leidekmeyer, one of the best bodybuilders to never turn pro, used a 100s programme for extended periods. Another top '80s amateur who barely missed a pro card, Tom Touchstone, followed Leidekmeyer's lead, as did Diana Dennis, who finished third in the 1985 Ms. Olympia. More recently, 2004 NPC Nationals winner Chris Cook plowed through a 100-rep shock set of curls and another of pushdowns on a non-arm day to drive blood to his arms and aid recovery. And Moe El Moussawi, who finished ninth in the 2008

Mr. Olympia, performed high-rep and high-volume training for years, including many sets in the 50-100 range.

OK, so some famous and semi-famous bodybuilders repped out marathon sets. But does it

TRIPLE DIGITS

"ONE HUNDRED IS A GOOD ROUND NUMBER TO AIM FOR ON MY LIGHTEST, LONGEST SETS."

—MOE EL MOUSSAWI

work? And if so, how does it work? Advocates claim it boosts growth, enhances vascularity, and brings a subtly different look—more detailed, more distinct—to their muscles. Think of the constant polishing of a diamond to enhance its shape. Marathon sets thoroughly stress a muscle's slow-twitch fibres during the slog of the initial approximately 50 reps. But they tax fast-twitch fibres, too, as you approach failure points on your way to the century mark. High reps also enhance circulation to the targeted muscles.

100-REP BASICS

Select three to four exercises per body part. **Do only one set of 100 reps per exercise.** Warmups are unnecessary.

Ideally, you want to reach failure at between 60-70 reps. Pause then continue. **Pause as many times as necessary** to get to 100 strict reps.

Use a weight that is **approximately one-third of your 10-rep max.** So, if you normally max out at 100 for 10, use 35.

Pause for as many seconds as you have remaining. **So if you get 64 reps, rest for 36 seconds.** If you then get to 89, rest for 11 more seconds.

100-REP TIP SHEET

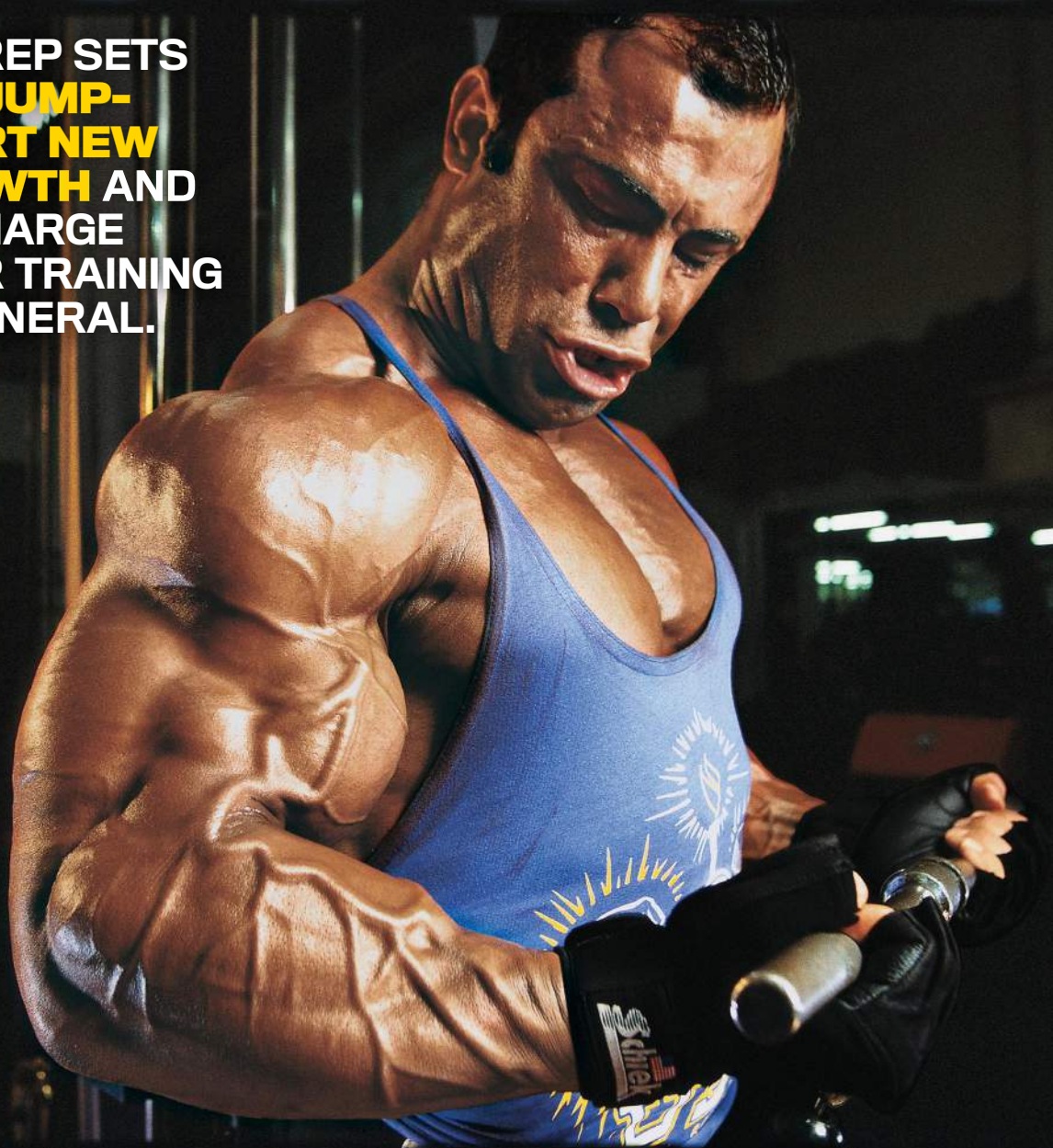
Either **count out the seconds of rest periods**, use the second hand of a clock or watch, or have a partner time them with a smartphone.

Set down or **rerack the weight** during lengthy pauses.

When you can get **more than 70 reps without pausing**, move up to a heavier weight.

Choose **bilateral exercises**, so you don't need to do 100 reps for each side separately.

**100-REP SETS
CAN JUMP-
START NEW
GROWTH AND
RECHARGE
YOUR TRAINING
IN GENERAL.**



In turn, improved blood flow better feeds your muscles with growth-inducing nutrients.

There are two ways to join the Century Club. You can do an entire programme consisting of only three or four 100-rep sets per body part. Stick to this for periods of two to four weeks, and follow it with at least 10 weeks of a traditional workout regimen. This is a full-body growth turbocharger. Your strength may be a little depressed when you return to moderate reps, but it should bounce back within a couple of weeks. Alternately, you can work 100s into your usual routine as shock treatment. Do an

100-REP ARM WORKOUT

EXERCISE	SETS	REPS
Lying Triceps Extension	1	100
Smith Machine Close-grip Bench Press	1	100
Pushdown	1	100
Barbell Curl	1	100
Seated Dumbbell Curl	1	100
Preacher Curl	1	100

occasional century set session for a lagging body part, or rotate such workouts so that all body parts get the treatment from time to time. Not only can this jump-start new growth, but it can also recharge your training in general, especially when you have nagging injuries. Don't have time for your usual workout, or still sore? Do one set per exercise for 100 reps. Such a routine will be faster and also allow you to train around injuries. You may look a little crazy and a lot weaker doing marathon sets. But, if used only occasionally, 100s is a smart way to foster heavyweight gains.

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HE'S GOT LEGS

VARIETY, VARIETY, VARIETY. THAT'S WHAT IT TAKES.

Q What is your strategy for building big legs?

When I'm working legs, there's pretty much no leg exercise I am not doing. I like to train quads and hamstrings in the same workout. I try to hit one part as hard as I hit the other, because the hams matter, too—especially in the side poses. And when I'm prioritizing legs, I will double down on them, training them twice a week, with each session lasting at least two hours.

If I can hardly walk when I'm done, I'll do calves the following morning. I start with leg extensions as a pre-exhaust. Then hack squats, stiff-leg deadlifts, seated leg curls, lunges and sumo squats, machines, and free weights, FST-7s—all of it to attack legs from every direction.

HEATH'S MONSTER WHEELS ROUTINE

EXERCISE	SETS	REPS
Leg Extension	4	8-10
Smith Machine Squat	4	8-10
Walking Lunge	4	8-10
Hack Squat	7*	20
Lying Leg Curl	4	8-10
Stiff-leg Deadlift	4	8-10
Seated Leg Curl	7*	10-12

*FST-7s (seven sets performed with 30 seconds' rest between sets)





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THE FREAK

Q What is your all-time favourite back exercise?

Easy! Without question, it is barbell rows.

I prefer to do them with an underhand grip. I find that this hits the lower lat area a little harder and gives a better contraction than an overhand grip does.

I also prefer to use an EZ bar rather than a straight bar because a straight bar can put a lot of stress on the wrists. Straight bars also put the bicep's tendon in a vulnerable position, so, for me, the EZ bar is a much safer option.

Before you pick up the bar, position your torso at 45 degrees. Keep your head up and spine arched. This will put your back in a much safer and more mechanically strong position.

Keep the bar close to your body, drive the bar into your lower abdominal area (just below your navel), squeeze briefly, then lower the bar slowly during the negative portion of the rep.

The barbell row isn't the kind of exercise where I aim for a 2-3 second peak contraction. I save that for pulldowns and cable rows. It is a power movement, so I keep the weight moving, but in a controlled manner.

Barbell rowing is a great movement for adding back thickness and width. Dorian Yates, Ronnie Coleman, and Lee Haney all did it and they had freaky backs.

FREAK TWEETS

Goblet squats last night! Feel like someone has been beating my glutes with a hammer this morning #ouch

So you wanna look like a freak? Then you gotta f#cking train like one!



THE FREAK'S BACK WORKOUT

EXERCISE	SETS	REPS
Pullover (Machine or dumbbell)	3 warm-up 1	- To failure 6-10
Underhand grip pulldown	1 warm-up 1	- To failure 6-10
Underhand grip barbell row	1 warm-up 1	- To failure 6-10
Medium grip cable row	1 warm-up 1	- To failure 10-15
Rack deadlifts	4 working up to 1 heavy	*3-8

* Deadlifts are one of few exercises I go below 6 reps.



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TOTAL TRI'S

TARGET EACH HEAD FOR MASSIVE ARMS

■ The triceps make up two-thirds of the mass of your upper arm. If the tape measure isn't moving like you had hoped, make sure you aren't neglecting them. The term *triceps* means three heads: the medial, the lateral, and the long head. The long head's origin is on the scapula, or shoulder blade. The origins of the medial and lateral heads are on the humerus. The origin of the long head allows you to stretch it by raising your arm above your head. The medial and lateral heads do not stretch as you raise your arm because they aren't connected to the scapula. To place more emphasis on the long head, use movements with arms extended or above the head. To place more emphasis on the medial and lateral heads, use close-grip pressing movements with the arms down.

TRIPLE-ASSAULT TRICEPS WORKOUT

EXERCISE	SETS	REPS
Rope Pushdown	3	12-15
Lying Extension	3	10-15
One-arm Overhead Extension	3	12-15

OVERHEAD EXTENSIONS STRESS THE TRICEP'S LONG HEAD TO A GREATER DEGREE THAN THE OTHER TWO HEADS.



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GET HIGH

LIGHTER WEIGHTS FOR MORE REPS CAN BOOST SIZE

■ HYPOTHESIS

A review of more than 60 training studies indicates training with weight loads between 65–85% of your 1RM is the sweet spot for hypertrophy.

■ RESEARCH

Trained subjects were divided into high-resistance and low-resistance groups. The high group used 70–80% of its 1RM. The low group used 30–50% of its 1RM for three sets of seven exercises targeting all major muscles. Ninety seconds of rest was taken between sets. The groups trained three times per week for eight weeks, with all sets taken to failure.

■ FINDINGS

Both high and low groups produced increases in thickness of the biceps (5.3% vs. 8.6%, respectively), triceps (6% vs. 5.2%, respectively), and quadriceps (9.3% vs. 9.5%, respectively). Improvements in strength were different; however, with the high group showing better improvements in strength.

■ CONCLUSION

This study shows that lighter-weight, high-rep training taken to failure can produce equivalent gains in size as more traditional weight loads and rep ranges, even in trained subjects.

APPLICATION

Although this study was able to demonstrate equal gains in overall muscle size with 25- to 35-rep sets as well as with 8- to 12-rep sets, it did not identify which fibres contributed most to the growth. It is likely that the high-rep training resulted in more slow-twitch fibre growth, and the low-rep training produced fast-twitch fibre growth. Ideally, you would want to stimulate the growth of both types of fibre to maximize gains. So, incorporate both high- and low-rep training into your routine.

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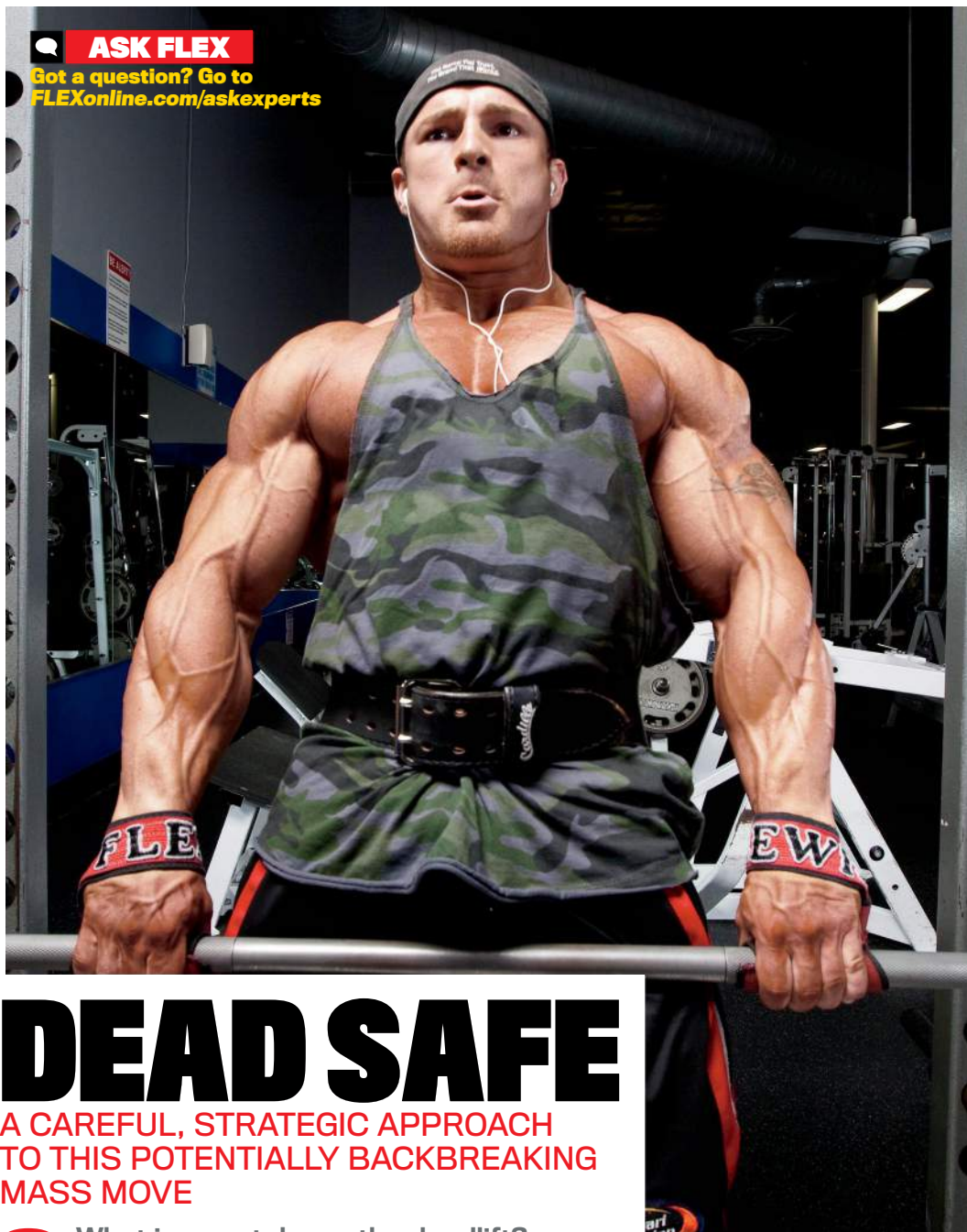
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DEAD SAFE

A CAREFUL, STRATEGIC APPROACH TO THIS POTENTIALLY BACKBREAKING MASS MOVE

Q What is your take on the deadlift? My trainer wants me to avoid it.

At heart, I'm a powerlifter and I love the feeling of holding a ton of weight in my hands. But I don't do the traditional deadlift anymore. For me, pulling off the ground is just too risky.

Instead, I do another favourite exercise: rack deadlifts. To perform rack deadlifts, set the safety bars in a power rack just below knee height. With your back straight, pull the weight until you're in a standing position with your hips in line with your shoulders. Then, carefully lower to the start position, bringing the weight to a dead stop. Don't throw the weight down and bounce back up—if you're doing that, you're taking the tension off the back muscles.

YODA WISDOM

Neil Hill helps Lewis go for four

With the 2015 Olympia 212 Showdown approaching, the role of Flex Lewis' trainer and nutritionist Neil "Yoda" Hill takes on more prominence than ever. Hill's past and present client list includes William Bonac, Frank McGrath, Lee Powell, and Zack Khan, among others. Yoda has been guiding Lewis on diet, training, contest prep, supplementation, and more, since the two met at the 2004 Wales Championships. An IFBB pro (retired due to injury), Hill is also the inventor of the Y3T training system that has helped propel Lewis' growth. Look for Hill in Lewis' corner as Lewis reaches for win No. 4 this fall.

LEWIS' BACK WORKOUT

EXERCISE	SETS	REPS
Wide-grip Pulldown	5*	20-10
Close-grip Pulldown	4	20-12
Machine Pullover	4	15
Wide-grip Pullup	3	To failure
Seated Pulley Row	4	15-12
Rack Deadlift	4	12-6
T-bar Row	5	15-10

*Preceded by three warmup sets

PARTIAL TO IT

CAN HALF REPS PROVIDE FULL-RANGE BENEFITS?

OPENING ARGUMENTS

Defence

Use a full range of motion for maximum benefit.

Prosecution

A partial range of motion is just as effective.

EVIDENCE

1 Researchers at the University of Southern Mississippi compared full and partial ranges of motion and found that both were equally effective at increasing maximal strength.

2 Partial range of motion allows the use of more weight, which can help bust through plateaus.

3 Using a partial range of motion tempts lifters to use too much weight and bad form, increasing the risk of injury.

4 A 2012 study comparing full and partial ranges of motion showed comparable increases in both size and strength for both methods.

VERDICT

PARTIALS HAVE GOT A BAD RAP



David Henry sometimes uses a partial range of motion to stimulate growth.

SENTENCING

No one will disagree that good form is important to avoid injury. But what this evidence argues is that moving the weight through a joint's full range of motion is not necessary to increase both strength and size. Truth be told, I see several professional bodybuilders using a partial range of motion. There is an exception to this, however. When training for competitive strength events, make sure you train the way you will compete. If a competition squat is thighs parallel to the floor, then train down to parallel.

NUTRITION TIPS TO FUEL TRAINING AND GROWTH

FOOD & SUPPS

If putting on size has proven to be problematic, we've got the solution to your predicament.

PAGE 44

Go blue. One of nature's most potent antioxidants helps you grow muscle.

PAGE 45

Got milk? Good for you. But are you sure you're drinking the best type of milk to foster your physique goals?

PAGE 48

This easy-to-make protein-packed chicken salad is delicious and nutritious!

PAGE 49

PAGE 46

**RECOVER
AND GROW!**
**HOW COFFEE AIDS
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THE GET BIG PLAN

MAKING SIZABLE GAINS IN MUSCLE MASS REQUIRES EATING PLENTY OF PROTEIN AND CALORIES EVERY DAY

Q I'm a hard-gainer on a high-protein diet. But I'm still not adding much muscle mass compared with my training partner. How much more protein should I eat?

You didn't tell us how much you're consuming, so let's say you weigh about 72 kilograms and you're consuming at least 2 grams of protein per kilo of body weight per day. You may even be taking in considerably more protein than this. The question you really want an answer to is: What adjustments should I make to my diet to add more muscle mass?

EMPHASISE THE RIGHT CARBS.

While you can get away with a certain amount of junk food as a hard-gainer, specific types of carbs are important for supporting insulin release at the time of day when you want it and at other times when you don't. Get 30 to 50 grams of dextrose (or sucrose) immediately after you finish every workout (with the same amount of protein). This will help refeed muscles for much better recovery and growth. At other times of the day, emphasise complex carbs such as yams, brown rice, and oatmeal as well as starchy ones such as pasta and bread. You need to get in at least 300g of carbs daily. Target even more until you start adding more body fat than muscle mass.

CONSUME MORE DIETARY FATS.

The good news for hard-gainers is that they can take in more fats than those who are trying to reduce body fat. You can choose fattier types of meat and drink whole milk to help you achieve this. (See Food Fight for more on this topic.)

CONSUME MORE TOTAL CALORIES.

Everyone gains when they consume enough calories. You should consume 20 to 22 calories for each pound of body weight every day. That means somewhere between 3,200 and 3,520 calories per day for a 72-kg male. You have to eat multiple meals a day to overcome hard-gainer status.

HIT IT AND QUIT IT.

Keep in mind that training harder and longer burns more calories. Hard-gainers need to work out with intensity about four times a week for no more than 60 minutes per session. Beyond that, you're merely tearing down muscle tissue and creating a need for the consumption of more nutrients.

GET 30 TO 50 GRAMS OF DEXTROSE (OR SUCROSE) IMMEDIATELY AFTER YOU FINISH EVERY WORKOUT.



BY RUSS FOSS

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BLUE MOON

HOW THIS TASTY BERRY CAN HELP YOU REAP THE BENEFITS OF YOUR GYM EFFORTS



Blueberries make lots of things taste good. Add them to yogurt, pies, or smoothies for that extra-special flavour. But blueberries can also be a bodybuilder's best friend, especially for that crucial time after workouts. Blueberries are chock-full of anthocyanins, a powerful antioxidant that gives them their colour. Antioxidants play a key role in the recovery process by removing free radicals caused by training. Free radicals can damage cells, but research shows that blueberries are particularly adept at combatting their harmful effects. In fact, blueberries bested 25 other fruits in both absorption by the body and performance. There is one caveat: Avoid adding them to your pre- or post-workout shake, because their potency declines when combined with the proteins in milk. Instead, eat blueberries by themselves, one to two hours before training.

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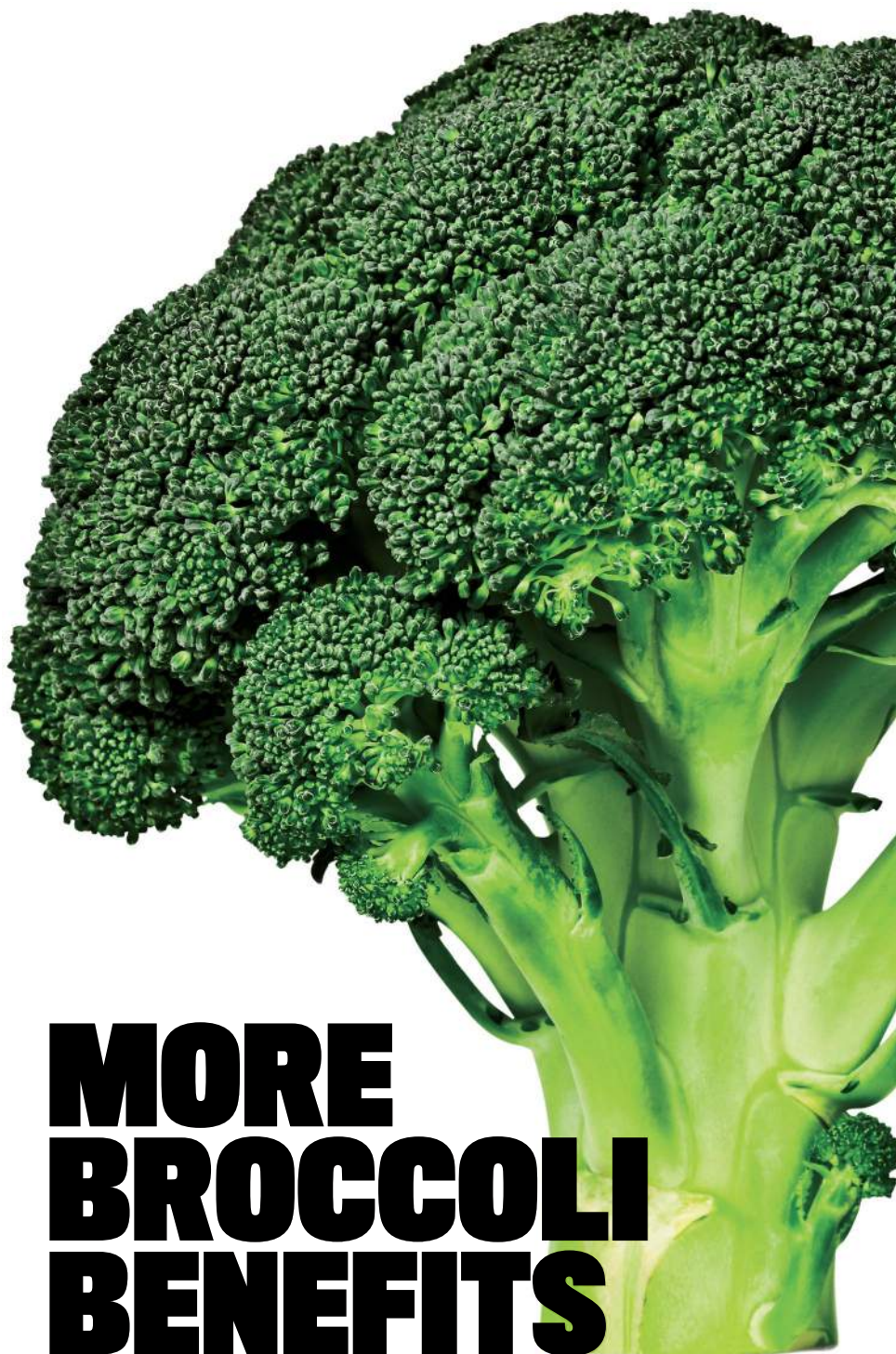
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MORE BROCCOLI BENEFITS

■ Broccoli has long been known for being one of the most nutrient-dense vegetables. Now research published in *Molecular Nutrition and Food Research* shows that a specific type of broccoli, *Beneforte*, contains large amounts of glucoraphanin (21.6 micromoles per gram). This nutrient is particularly beneficial for helping to reduce cholesterol levels. Researchers think it does so by encouraging your body to make less LDL, the “bad” cholesterol. Other strains of broccoli are also good sources of this nutrient, containing about 6.9 micromoles per gram, as is cauliflower. Otherwise, this nutrient is difficult to come by in nature. Competitive bodybuilders often have issues with high LDL levels—or bad cholesterol ratios.

FOOD OF THE MONTH

BLACK COFFEE

■ **For years FLEX** has recommended that bodybuilders drink plenty of black coffee every day. And we're happy (and a bit surprised) to welcome the U.S. government aboard now that a dietary panel made a similar recommendation earlier this year: Every healthy adult should drink three to five cups of black coffee per day for optimal health. That's particularly good news for bodybuilders who are trying to cut body fat while staying energized for intense workouts. Here are five ways black coffee helps support your bodybuilding gains.

1 Coffee increases strength when consumed before workouts.

Researchers believe caffeine blunts the pain associated with anaerobic training, helping you push beyond your previous bests.

2 Coffee helps you recover from intense training.

Coffee's antioxidants help fight the free radicals generated during training. Coffee pre- and post-workouts will help reduce oxidative damage from these harmful chemicals that are a by-product of intense workouts.

3 Coffee helps reduce stored body fat.

Caffeine stimulates your CNS and supports energy expenditure by releasing stored fat. So coffee not only helps you fuel activity, but it also does so by burning body fat—each cup contains between 60 and 100mg of caffeine. That's why you find caffeine in most fat-burning and pre-workout supplements.

4 Coffee is the greatest source of antioxidants in the Western diet.

That isn't to say it's the food highest in antioxidants, but we consume so much coffee that we get more of these nutrients from it than from any other food source.

5 Coffee is low in calories.

Each cup has about 10 calories and is loaded with nutrients that support your training goals. That means coffee-loving bodybuilders can drink as much coffee as they want.

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Consuming whole milk can help slow protein absorption and reduce inopportune insulin releases.

WHOLE vs. SKIMMED MILK

IT DOES A BODY GOOD, BUT WHICH VERSION IS THE BEST?

■ **Back in the 1950s**, bodybuilders had few options for protein products, many of which tasted terrible and were likely hard to digest. That's why many muscle builders turned to milk for its relatively high protein content and its easy-to-swallow calories. Today, milk has fallen out of favour with many bodybuilders, but it still remains a great food for young bodybuilders seeking to add mass. The question, though, is: Which type of milk is best?

Often bodybuilders turn to skimmed milk because it provides more protein per calorie. But that doesn't necessarily make it a better choice. Whole milk contains plenty of dietary fats (including 4.6 grams of saturated fats in a 240-ml glass) that will help slow down the absorption of protein while also reducing the release of insulin at the times of day when you don't want that. All of which translates to a steady release of muscle-building protein.

WHOLE MILK 475 ML

CALORIES

298

PROTEIN (g)

15.4

CARBS (g)

23.4

FATS (g)

15.9

SKIMMED MILK 475 ML

CALORIES

167

PROTEIN (g)

16.5

CARBS (g)

24.3

FATS (g)

0.4

**GO WITH
WHOLE MILK**

■ **At all times of day except around your workouts.** The reason you're likely drinking milk is for its high protein content and calories. Whole milk is better when you factor in both of these reasons. It also causes less insulin release. On the other hand, skimmed milk is a reasonable substitute for a post-workout shake, containing very little fat and a fairly equal amount of protein and carbs from sugar (lactose). Take in the nonfat form after training if you don't have a protein shake available.

BY CARLO FILIPPONE

DUDE FOOD

PROTEIN AND GREENS

LEMON GRILLED-CHICKEN SALAD

SERVES 1

INGREDIENTS

Mixed greens
1 chicken breast
1 medium cucumber, sliced
½ avocado, peeled and sliced
Juice of 1 lemon
1 **tbsp** extra-virgin olive oil
1 pinch dry oregano
2 pinches sea salt
Black pepper, to taste
¼ **tsp** minced garlic
2 **tbsp** kalamata olives, sliced

DIRECTIONS

- 1 Grill chicken breast.
- 2 In a large salad bowl, mix greens and all remaining ingredients. Place in a serving bowl.
- 3 When chicken breast is cooked (68° C), place on a cutting board, slice, and distribute atop the salad. Serve.

CALORIES

364

PROTEIN

40g

FAT

13g

CARBS

20g

*Chicken breast can be replaced with a 170 g tin of tuna for variety.

ABOUT THE CHEF

A three-time body-building champ, Carlo Filippone is the CEO of Elite Lifestyle Cuisine. elitelifestylecuisine.com



UNDER THE MICROSCOPE

TAKING A PURELY SCIENTIFIC LOOK AT THE BEST PRODUCTS IN THE WORLD OF SPORTS SUPPLEMENTS

B-4 BOMB is a powdered pre-workout formula designed to enhance energy, focus and explosive performance. It contains a bevvv of ingredients like vitamins B3, B6 and B12, creatine monohydrate, beta alanine, leucine, arginine nitrate, betaine, D-aspartic acid as well as caffeine and several other bioactive compounds.

TEACRINE® is a patent-pending, nature-identical form of the purine alkaloid theacrine (which is found naturally in certain teas, the cupuaçu fruit of Brazil, and some coffee species). TeaCrine® is a “neuroactive compound” with several recent clinical trials in humans demonstrating increases in energy, focus, and concentration, along with decreases in fatigue. In animal studies, theacrine has been shown to increase dopamine levels, decrease ROS (reactive oxidative species) and inflammation, decrease adenosine, and modulate other neurotransmitters. In other words, TeaCrine® has a wide array of potential benefits.

Perhaps the most compelling feature of TeaCrine® is that unlike caffeine and other stimulants, it does not appear to lose its effectiveness, even over eight weeks of continuous use. In addition, unlike other stimulants TeaCrine® does not negatively affect blood pressure.

BETA ALANINE is a widely popular amino acid that reduces muscle fatigue during intense exercise. When beta alanine is ingested, it combines with another amino acid called histidine to form a potent compound called carnosine. In

exercising muscle, carnosine acts as a potent buffer of hydrogen ions that are generated from lactic acid (lactate) production. This is relevant to body builders during sets that last longer than about 60 seconds or when training with short rest periods where lactate accumulation can reduce the total number of repetitions completed. In theory, beta alanine may also be useful during very low carb diets to offset changes in pH due to ketone production. For best results, beta alanine must be consumed continuously for at least four weeks.

Beta alanine helps reduce fatigue during intense body building exercise, thus allowing for a greater training stimulus. All other things being equal, a greater training stimulus = greater gains over time.

ARGININE is a conditionally essential amino acid found in meat, seafood, nuts and soy. Due to its role in nitric oxide (NO) production and as a potential growth hormone secretagogue, arginine has enjoyed a rich history in sports nutrition. In one study, subjects given 6 g of arginine (along with other vitamins and amino acids) improved their time to exhaustion by 20% compared to the

placebo group. Other studies have reported lower levels of ammonia and lactate when various forms of arginine are consumed prior to exercise. Despite these acute benefits, the effects of long term arginine supplementation on muscle growth and the acquisition of strength are quite variable. However, since arginine can be converted to creatine, citrulline, and agmatine (a signaling molecule that enhances blood flow), it is considered to be a very versatile amino acid.

Although the benefits of arginine are not universally observed, no study has ever reported a decrement in performance. Moreover, many consumers and athletes are convinced of its benefits based on past use. Arginine nitrate is a particularly interesting compound as nitrate supplementation has been shown (on its own) to improve performance during intense exercise.

CAFFEINE, also known as 1,3,7-trimethylxanthine, is the world's most well-studied “nutritional” performance enhancer, second only to carbohydrate. By blocking adenosine receptors in the brain, caffeine ingestion reduces the perception of effort, making

tough workouts and competitions seem a little easier. The most well established effect of caffeine is as a stimulant. Physical and mental performance, including focus and concentration, are all improved with caffeine ingestion. In fact, caffeine is one of the only “supplements” that can improve both aerobic (long distance) and anaerobic (weight lifting) events.

Whether sourced from coffee beans, tea, chocolate or chemically synthesized, the effects of caffeine are blatantly undeniable – better physical and mental performance. Downregulation of these effects can be problematic, but can be minimized by not using it everyday and saving bigger doses for tougher workouts.

ALPHA LIPOIC ACID is a vitamin-like fatty acid that is known as the “universal antioxidant”. This name stems from the fact that alpha lipoic acid is both fat and water soluble, and can therefore combat oxidative stressors found inside the watery interior of the cell as well as outside the fatty acid (phospholipid bilayer) cell membrane. Other important roles played by alpha lipoic acid are metal chelation (ie. binds to and helps eliminate copper, lead, zinc, mercury, iron) glucose control/insulin signaling, and as an anti-inflammatory aid. There is also some evidence that alpha lipoic acid reduces appetite, improves blood vessel function, and increases calorie burning.

CREATINE is the world’s best-selling, safest, and most effective anabolic supplement in history. Hundreds of studies have been done in humans that demonstrate its efficacy for building muscle and improving performance. Among its main mechanisms of action, creatine increases the rate of ATP regeneration (which reduces fatigue during intense, repeated exercise bouts), promotes greater secretion of intramuscular IGF-1 concentrations (an intramuscular growth factor), increases in muscle fiber protein content, and increases several myogenic regulatory factors (i.e. proteins that activate gene

expression in muscle). In stark contrast to unsubstantiated reports by athletic trainers and some coaches, no published study has ever linked creatine (monohydrate) use to muscle strains, dehydration or kidney/liver problems. Used appropriately, creatine monohydrate is one of the safest supplements on the market.

LEUCINE is an essential, as well as a branched chain amino acid. It has become very popular recently because scientists have shown that it can increase muscle protein synthesis all by itself. Whey protein contains a high concentration of leucine, and this is thought to be one reason why whey is such an effective muscle builder. Research has clearly demonstrated that leucine stimulates an amino acid/energy sensor called “mTOR” (which stands for mammalian target of

rapamycin). mTOR in turn stimulates protein synthesis via two independent mechanisms that are active in skeletal muscle, especially during exercise and recovery.

BETA ALANINE HELPS REDUCE FATIGUE DURING INTENSE BODY BUILDING EXERCISE, THUS ALLOWING FOR A GREATER TRAINING STIMULUS.

Several studies have demonstrated just how potent leucine is with respect to muscle growth. The first study demonstrated that a 2.5 gram dose of leucine could stimulate muscle protein

synthesis. Another more recent study showed that low protein meals that are tweaked with extra leucine (i.e. 5 grams) can be made as anabolic as a 20 gram serving of whey protein. At 10 times the muscle building strength of any other amino acid, getting at a few grams of the “leucine trigger” every few hours is a great strategy for long term muscle growth.



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Photographed
at Emporium Gym
in Birmingham
the day after
BodyPower

BR



PEAKING THE RULES

BRITISH 212 PRO **SHAUN JOSEPH-TAVERNIER** ON GETTING TO THE TOP OF BODYBUILDING — ON HIS TERMS.



SHAUN JOSEPH-TAVERNIER is not only the best bodybuilder living in Britain today, he's also one of the most intriguing. ¶ You won't find him posting endless selfies on social media or following the latest training fad. This Shaun is definitely no sheep. He's a thoughtful old school bodybuilder who lives quietly with his wife in Sunderland and lets his physique do the talking. ¶ It's made quite a noise since he first competed eight years ago. Since then Joseph-Tavernier has won three British titles, an IFBB pro show, placed in the top five at the Olympia and twice finished second at the BodyPower Pro. No Brit except US-based Flex Lewis has a better CV this century. ¶ There have been crushing lows as well as highs. Here in his own words Joseph-Tavernier, who turns 40 in January, talks candidly about his eight-year bodybuilding adventure and gives some typically forthright advice on training.

BY JOHN PLUMMER
PHOTOGRAPHY BY CHRISTOPHER BAILEY

ON GETTING INTO BODYBUILDING

“When I started I went through all sorts of emotions. It was exciting. I liked the regimented lifestyle and the feeling that I had a purpose and an end goal. But I soon found out bodybuilding could be a lonely and dark place when you are dieting. I don’t care who you are; bodybuilding changes your personality. It’s a very tough sport.”

ON EARLY DISAPPOINTMENTS “Going into the 2008 British finals there was a lot of hype about me winning the overall. Most people thought it would be between James Llewellyn and myself. But I had lots of doubt. I didn’t think my physique was good enough. But I was still absolutely gutted afterwards. Because I’d won my class I was given an invitation to the Arnolds the following year but didn’t go for two reasons: there was a loss in my family and I didn’t think I would be competitive.”

ON TURNING PRO “I won the light-heavies again in 2009 but lost the overall to Zack Khan. That year I did believe I could win the pro card and again I was distraught when I didn’t. I was absolutely determined to win the overall British title in 2010 but I was persuaded to go to the Arnold Classic early in the year. I did a short six-week prep and managed to place third and in those days if you won a British title and finished in the top five at the Arnold you could get your pro card. It was the best thing that happened to me. I didn’t think I’d ever be a professional at anything.”

ON HIS PRO DEBUT “I took a year off to prepare for the British Grand Prix and hooked up with Neil Hill. Until then I’d been working with guys at my gym. I was excited and things were going pretty well but my showing at the grand prix was poor. My body was losing weight every

day and I stood on stage emaciated at 175 lbs. I felt like I’d been shot after prejudging; it was devastating. I ate and ate and came back the next day looking 10 times better but it was too late. I learned a lot about my body that day. Once my metabolism starts to race near a show my diet needs adjusting accordingly.”

ON BECOMING AN IFBB CHAMP “There were only eight weeks between the British Grand Prix and the Toronto Pro. I had become good friends with Nathan Harman, who prepped me for Canada. We bonded, he constantly monitored me and we went out there and it went fantastically. Although I won I still don’t think it was my best package so far. I think that was on the second day at this year’s BodyPower Pro.”

ON COMPETING AT THE OLYMPIA “The whole experience was absolutely awesome. I remember being backstage with everyone I’d looked up to and shaking hands with Joe Weider. To be on that stage, looking out at the Orleans Arena with all eyes on you... it’s beyond words. I’m a reserved person but when I get on stage I come alive and I’ve never been more alive than I was there. I was buzzing for weeks afterwards. I was eating ice cream at the athletes’ dinner afterwards when suddenly I heard my name being called out for an award as FLEX Rookie of the Year. What a day.”

ON HIS TWO-YEAR ABSENCE “I tore my adductor eight weeks before the Olympia but carried on. Afterwards I had leg and shoulder injuries that prevented me from training properly and they just didn’t seem to be getting any better. I wasn’t making any improvements so I held off from competing. It was a difficult time. I went from being on a high at the Olympia to a downer that lasted a long time.”

ON HIS COMEBACK “I felt I brought a great package to BodyPower last year but I was lacking slightly in condition and Sami al Haddad rightly won. It was my first home pro show for years and I desperately wanted to win but it was also an opportunity to put my stamp down as the best British 212 after Flex Lewis. James Llewellyn was competing and there was a lot of hype surrounding Anth Bailes so I was pleased to win that battle. We are all great friends but when we get on stage we want to win.”

ON THE ARNOLD CLASSIC “I felt good going into it so it was a big blow to finish eighth. It was the first time I wasn’t in the first callout and it was my lowest ever placing so I was absolutely gutted. But it was only my 11th show ever and I am still learning. I could have done a few things differently but it’s my fault. Jose Raymond was a deserving winner.”

ON BODYPOWER 2015 “I intended to do the Mozolani Classic after the Arnold but my body hadn’t recovered in time so I did BodyPower instead. I only decided to do it three weeks before. I should have started drying out a day or two beforehand and I was beaten by the Korean guy who totally deserved it. I think I looked better than him on the second day but by then it was too late.”

ON HIS FUTURE PLANS “As much as I love competing I have to think about other things now. I’ve got my clothing line SJT Athletics and my health food shop in Sunderland and I’m also looking for other opportunities. Too many bodybuilders live hand to mouth and I don’t want to be like that. But I will definitely compete again when time and finances permit.”



DUMBBELL LATERAL RAISES

This is one of my favourites. Concentrate on keeping constant tension on the shoulder. Sometimes I have my arms slightly bent and sometimes fully extended to isolate different parts of the delts.

SHAUN JOSEPH-TAVERNIER

DATE OF BIRTH

1st January 1976

PLACE OF BIRTH

London

LIVES

Sunderland

HEIGHT

5ft 2 ins

WEIGHT

203 lbs on stage

CAREER HIGHLIGHT

2011 Toronto Pro 202 champion and fifth at the Olympia.

AMBITION

To continue enjoying competing and to win a show or two before I retire.

TRAINING ADVICE

Be consistent, mix up your training and always push yourself.

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TO CONTACT

shaunjoseph-tavernier.co.uk

ON NATHAN HARMAN AND RICARDO CORREIA

"He's one of the most genuine guys you could meet. He wears his heart on his sleeve and sometimes gets too emotionally involved with his clients. If I ever chose not to work with Nathan I would do my diet myself. You will never find me working with anybody else. It's great that Ricardo Correia, who also works with Nathan, has finally got his pro card. Ricardo used to like to party but he's turned into perhaps the most dedicated athlete I've seen in this sport. I'm in awe of his physique and

would take so much pleasure seeing somebody I have helped so much beat me on stage if it happens."

ADVICE TO OTHERS

"Be under no illusions about the sport. Many people in bodybuilding are delusional. Be consistent, mix up your training and always push yourself. I don't believe in training systems. I just believe in hard work. I listen to my body. If, after a few reps, it tells me it would be better to do high reps then I do high reps. It's too easy to follow others and get carried away."

THE GYM NON-CONFORMIST

LIKE THE MAN HIMSELF, Shaun Joseph-Tavernier's training is highly individual. We can't give you his routine or tell you how many sets and reps he does because it constantly changes.

"I would advise any up and coming bodybuilder: don't conform with the norm," he says. "Don't do anything stupid, but experiment with exercises and find what works for you."

It's an approach that has served him well. "I let my body tell me what it needs," he says. "I just pick up a weight, do as many reps as I can to failure, then, if I feel good, I go heavier next time."

"I'm not too fixated on the weight. Obviously, you need a certain amount of resistance, but as long as you stimulate a muscle and break it down, that's all you need. I don't follow any fancy training protocols. I train hard and work the muscle."

Joseph-Tavernier's advice is; therefore, more about mentality than method. "The tip I would give anybody is that you have to be self motivated," he says. "Some people use numbers to motivate themselves, but I don't need that. I push myself all the time and know when to back off. I perform every set to my body's capability. That might mean a few low reps or 100 reps for the first set, 20 for the second, then 30 for the third. I don't care."

"Sometimes, I only do one exercise for a body part. I've done legs and blasted out squats for an entire session, but, usually, it's 4 or 5 exercises."

Here, he talks about some of his favourite exercises.



1 HAMMER CURLS

This is a good exercise for thickening the belly of the biceps. I have a shoulder injury. If it's feeling OK, I bring the dumbbell across my body, but if it's aggravated, I lift it straight up, and I find that actually works better most of the time.

2 EZ BAR CURLS

I concentrate on keeping my elbows tucked in and moving my lower arm up and down. For maximum contraction, I keep my wrists flat when I lift the barbell. I see a lot of guys curling their wrists, which doesn't produce as good of a contraction.

3 MACHINE CHEST PRESS

This is a great exercise for isolating the pecs, getting a good stretch, and contraction. Visualise squeezing the chest. I like to do a lot of reps for this. Don't worry too much about elbow position.





SHAUN'S SHOWS

2007

Wins during debut in the first timers' category at the UKBFF London and South-East Championships. Goes on to win the British first timers' title.

2008

Wins British light-heavyweight title in his first year as a senior but misses out on overall title and pro card to James Llewellyn.

2009

Starts the year with a silver medal at the amateur Arnold Classic in America; ends it with his second British light-heavyweight title but again loses out on the overall, this time to Zack Khan.

2010

Awarded pro card after finishing third at the amateur Arnold Classic in America.

2011

Finishes a disappointing fifth behind Flex Lewis on pro debut in front of home fans at the British Grand Prix in London. Bounces back to win Toronto Pro and finish fifth at Olympia 202 then named FLEX Rookie of the Year.

2012 AND 2013

Misses two full seasons due to injury.

2014

Returns to finish second to Sami al Haddad at BodyPower Pro in Birmingham.

2015

Receives an invitation to the prestigious Arnold Classic pro 212s in America, but finishes a lowly eighth. Looks sharper at BodyPower pro and finishes second again.



This sport is all about angles and we are all built differently. Find out what works for you. All our limbs are different shapes and sizes.

4 SINGLE ARM CABLE PULLDOWNS

A good isolation movement that thickens the inner portion of triceps. Take it slowly and go for the squeeze.

5 SINGLE ARM CABLE CURLS

I like to finish off with this. It's another great isolation movement that lets you attack the biceps at different angles. Play around and find the angle that best suits you.

6 TRICEPS ROPE PUSHDOWNS

I've done all the exercises in the world for triceps and I'm not weak but my outer head is absolute rubbish. I always do rope extensions, usually as a first exercise to warm up and isolate the triceps. The rope allows you to supinate your wrist and isolate the outer triceps.

7 DUMBBELL ROWS

I don't pull the weight up from the ground in the traditional way. I start with the dumbbell in front of me and bring it back in an arc. I find my back contracts much better this way. You can't go as heavy but you get a great squeeze in your lower lats.



"I'M JACK3D!"

- ANTHONY THOMAS // TEAM USPLABS ATHLETE*



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THE KUCLO CHRONICLE



**FLEX
EXCLUSIVE**

THE DUAL CAREERS OF FIREMAN-PARAMEDIC AND MR. OLYMPIA HOPEFUL STEVE KUCLO

BY GREG MERRITT

When her heart stopped, the 777 was cruising at an altitude of 30,000 feet. Three hours prior, she'd suffered severe abdominal pain. Then, when an announcement asked if there were any emergency personnel on the flight from Rio de Janeiro to Miami, it was Dallas firefighter-paramedic Steve Kuclo who responded to assist the Brazilian woman. She seemingly recovered. But later, her husband noticed she wasn't breathing. A worried flight attendant retrieved Kuclo again. He carried the woman to the back of the plane. There, for 40 minutes until the jet emergency-landed in Costa Rica, he did all he could with the available medical equipment to save her life. She couldn't be revived. Death is a familiar aspect in one of Kuclo's jobs. What made this valiant lifesaving attempt unique was its stark proximity to his other, more celebrated job. He was returning from Rio last April 27, having won the Arnold Classic Brazil the day before.

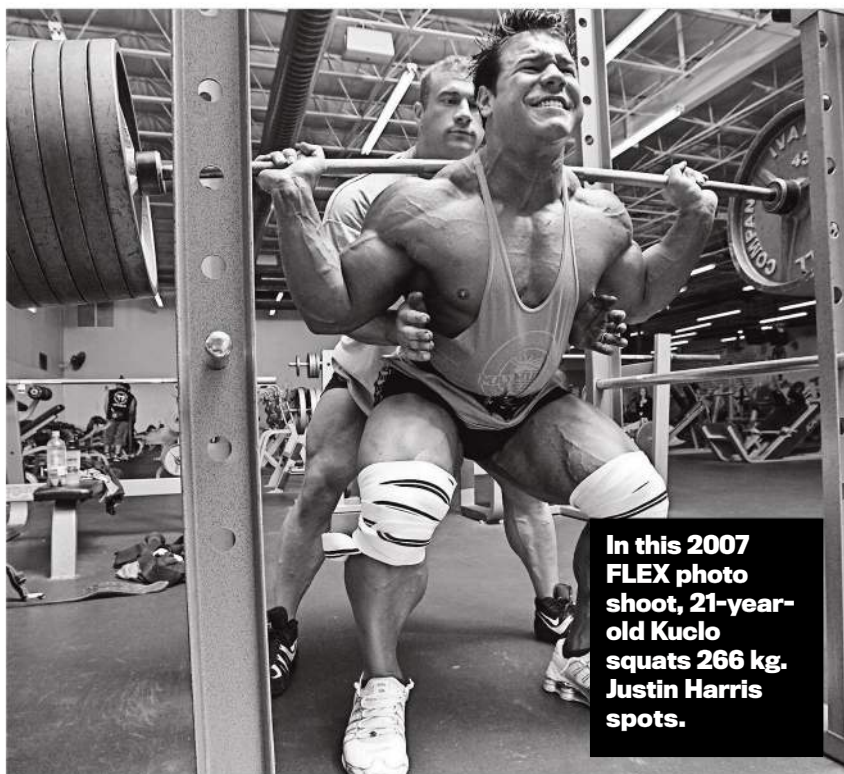




ORIGINS

Born an only child

in suburban Detroit on Aug. 15, 1985, Steve Kuclo grew up playing hockey and football. When the 17-year-old attended the 2003 Arnold Classic, he was awed by the immensity of winner Jay Cutler and third-place finisher Markus Rühl. "I was seeing the guys from the magazines in person, and it made me want to be up there one day," he remembers. The following year, working with training partner Justin Harris, 96-kg Kuclo entered and won a local teen contest, the Michigan teen title, and the Teen Nationals heavy-weight class. (Light-heavy Jason Huh won the overall.) He was thick for an 18-year-old. And after turning 19, he let his weight balloon to what he calls a "puffy" 123—the sort of off-season tally his idols hit.



In 2005, 180-cm Kuclo was the prohibitive favourite for the Teen Nationals overall. It wasn't to be. He repeated as heavy victor but couldn't haul home the heaviest hardware. (Cutler did the same thing in 1993, losing the overall to Branch Warren.) "It was frustrating but not discouraging," he states. "You want to win it all. But winning your class is a big achievement, too." When asked to describe his training in his late teens and early 20s, Kuclo answers, "It was just real heavy. I did a lot of basic movements. I trained heavier than I do now because I didn't realize how strong I was then."

I can attest to his strength then. In July 2007, I was at a FLEX workout

photo shoot with 21-year-old Kuclo and Harris in which the former squatted 266 for a deep double and leg-pressed 468 (all the plates the machine would hold, plus a 100-kg dumbbell along for the ride) for a deep eight. And that was in pre-contest mode.

He was doing modified Doggcrapp (DC). "I kind of hate to bring that up, because whenever there's an article with me mentioning DC, I get 20 e-mails from guys asking if I still do DC and what they should do. I'm not the DC guy," he says with a laugh. "That was a long time ago now, but we did a lot of HIT-style training back then, including DC. Lots of low-volume, rest-pause stuff."

KUCLO'S TEEN ADVICE

"BE PATIENT. CONSISTENCY IS THE KEY TO BODYBUILDING SUCCESS, AND AGE IS ON YOUR SIDE. A LOT OF GUYS WANT TO RUSH THINGS. BUT YOU JUST HAVE TO PUT IN THE TIME, CONSISTENTLY EATING RIGHT AND TRAINING RIGHT. ALSO, MAKE SURE YOU HAVE YOUR PRIORITIES STRAIGHT. GET YOUR SCHOOLWORK DONE, AND DO EVERYTHING YOU NEED TO DO OUTSIDE OF BODYBUILDING."



EMERGENCIES

Planning to work in Detroit's car industry, Kuclo studied mechanical engineering at the University of Michigan. But local car plants were closing. A close friend was a fireman—a career that had long intrigued Kuclo. He began his EMT and firefighting training in August 2005. Two years later, not long after that workout just discussed, he relocated to Dallas for the job he's held ever since. He works 24-hour shifts then gets the next 48 hours off.

There's a small gym at the firehouse, but Kuclo rarely uses it. He's hesitant about a call interrupting his workout. Instead, he does a two-on, one-off split, training only on his nonwork days. It certainly maximizes rest, as Kuclo hits every body part other than abs only once every nine days. "This split works for me and my work schedule," he explains. "The thing is, if I'm on ambulance duty [as opposed to fire-truck duty], I sometimes don't get any sleep at all during those 24 hours. Dallas is a busy city."

He averages 10 to 15 calls in a shift, but he has gone out on as many as 25. He prepares his own meals in the kitchen, and he jokes that as soon as he sits down to take that first bite of steak a call invariably comes in. Likewise, even when he has opportunities to nod off in the sleeping quarters, he won't slip

into an REM cycle. At best, it's a light nap during which he remains alert enough to spring into action at a moment's notice. "Depending on how many calls we get, I'm often really feeling [the lack of quality sleep] for the next day or even two days," he states. "It's not ideal for bodybuilding recovery."

I ask Kuclo what his co-workers think of his other career. "If it was more of a hobby, they might give me a harder time," he answers. "But they know the level I'm at, and they think it's really cool, and they're real supportive of it. They're not like, 'What are you eating, and why you gotta eat that?' They know how important eating the right things is to me." He explains that there have been emergencies when his strength has been a tremendous asset, such as when lifting a particularly heavy person.

And as for the ways his firefighter-paramedic job helps his other occupation, he says, "It gives me a break every now and then from bodybuilding. It gives me another focus. And for eight years, it's been a steady source of income." But when he's coming off another 24-hour shift of ambulance duty without sleep, he wonders if the drowsy downside may be preventing him from fulfilling his potential now that he's among the world's top 10 bodybuilders.

KUCLO'S TRAINING SPLIT

- Day 1**
Hamstrings, abdominals
- Day 2**
Chest
- Day 3**
Off (work)
- Day 4**
Back
- Day 5**
Quadriceps
- Day 6**
Off (work)
- Day 7**
Arms, abdominals
- Day 8**
Shoulders, abdominals
- Day 9**
Off (work)



STAGES

The road to that top 10 sometimes looked inevitable and sometimes seemed improbable. He has an aesthetic structure and preternatural proclivity to gain muscle—resulting in especially dense arms, legs, and delts, not to mention two of the best calves in the sport. Still, high-def detailing has never come easy to this Texas transplant. As a result, his pursuit of a pro card in the NPC superheavy class was a dizzying roller coaster ride.

One month after the previously mentioned leg workout, weighing 117, he finished eighth in the 2007 North American Championships. Leaner the next year, the 23-year-old shot up to third at the Nationals. That made him the Nats overall favourite in 2009, but his scarcity of cuts that year sent him plummeting to a humbling 13th, lost among the not-so-super supers. Then, after a sixth at the 2010 USA (his teen nemesis Huh took the class and overall), “Kingsnake” climbed back to third again at the 2010 Nats.

“A lot of it was growing pains,” he states. “I was balancing a lot with the job as a firefighter. And when you’re coming up the ranks, it’s blood, sweat, and tears getting there [to pro status]. And it was just a learning process with the prep, too. Does this work for me? Does cutting water for a couple days work best or one day? We tried different diet styles.” The “we”

KUCLO'S TRAINING EDICTS

- Leave your ego at the door.
- It's not about working the weight. It's about making the weight work for you.
- Train smarter, not necessarily harder or heavier.
- Be efficient. Just don't do a movement to do a movement.
- The key to getting big isn't training, it's eating. Be consistent with your meals to take in enough quality protein throughout the day.

STEVE KUCLO

is he and nutritionist Hany Rambod, whom he started working with after the disastrous 2009 Nationals. They put it together at the 2011 USA, where 115-kg Kuclo beat Juan Morel in the super class and Jonathan DeLaRosa for the overall. He was still only 25—the same age Phil Heath was when he took the 2006 USA.

Kingsnake has been more consistent in his nine pro contests, including a third in his 2012 debut, a win at the 2013 Europa Super Show, another victory (but not without controversy) at the 2014 Arnold Classic Brazil, and his breakthrough ninth in last year's Mr. Olympia. (He and Juan Morel have a bizarre streak going. Including the 2011 USA, they've been separated by only one place in all seven contests in which they've faced each other! Kuclo has the edge: six to one.) "It was

definitely what I needed to go to that next level," he says of 2014, a year in which he competed six times, made four posedowns, and got that crucial single-digit Olympia finish.

TRANSITIONS

Kuclo's DC and HIT workouts are now just memories. When Rambod was his nutritionist, he adopted FST-7 workouts, which focus on a final pump in each routine. After recently hiring Neil Hill, he's been following Hill's Y3T system, which prescribes one week of lower reps, one week of moderate reps, and a third week of both higher reps and

intensity. "I respond best to volume," Kuclo says. "A lot of sets and reps." As an example, he averages 22 to 24 working sets for quads, plowing through that tally with his training partner, 2012 Jr. USA champ Dan Newmire. "I'm pretty basic, and I'm big on form and being efficient with the movements while focusing on the mind-to-muscle connection. I also like to do things like supersets and dropsets, which Neil is big on as well."

On Aug. 15, Kuclo turned 30, and 2015 is already proving to be a pivotal year for him. In addition to his new trainer-nutritionist, he also

**"I'M BIG ON FORM AND
BEING EFFICIENT WITH THE
MOVEMENTS WHILE
FOCUSING ON THE MIND-
TO-MUSCLE CONNECTION."**



SHANNON SKINNER/PREMIER IMAGES

has two new sponsors, AMI/Weider Publications and AllMax Nutrition. Most importantly, he has a new wife. He married bikini pro Amanda Latona (now Kuclo) on Feb. 7. (A former FLEX Bikini Model Search winner, she was featured on our June 2011 cover.) Though he likely already has enough points to qualify for the Olympia, he plans to compete in the Wings of Strength a month before the O and go to Vegas on a victorious note. He was the youngest member of the Olympia top 10 last year, and he's looking to crack the top six this year and establish himself as a millennial who can move into contention as 40-somethings near the top move out.

To do so, he may be making another crucial change—retiring from the Dallas fire service. “It’s getting to the point where I think I’m ready for a transition,” he states. “It’s just too hard with the lack of sleep and the pre-contest schedule to make the kind of gains I need to make [especially to his chest and back] and focus entirely on pre-contest prep. I’m able to make a decent living off bodybuilding now, and it may be time to focus on it exclusively.” Twelve years after an awestruck teen watched now four-time Mr. O Jay Cutler win, that fan is now a top pro. And he wants to see just how high he can climb. **FLEX**



WHY KINGSNAKE?

“WHEN I WAS 18, I HAD A MUSTANG COBRA, AND I WAS IN A CAR CLUB. SO IN THE CLUB’S FORUM, I USED THE NAME KINGSNAKE. AND I JUST TRANSFERRED THAT TO MY NAME ON BODYBUILDING FORUMS. FROM THEN IT JUST KIND OF STUCK. WHEN I STARTED TO GET PUBLICITY, OTHER PEOPLE APPLIED IT TO ME.”



A PAIR OF

EIGHTS

THE CONNECTIONS
BETWEEN **LEE
HANEY** AND **RONNIE
COLEMAN**—THE TWO
ICONS WHO SHARE
THE RECORD FOR
MOST MR. OLYMPIA
WINS OF ALL TIME

BY GREG MERRITT



"Hello, this is eight-time Mr. Olympia Ronnie Coleman. That's right—eight times. I'm tied with my idol, Lee Haney. I can't get to the phone right now. So leave me a message, and I'll call you back." Beep. For years that was the outgoing phone message of eight-time Mr. Olympia Ronnie Coleman. Eight times! It's a bit of a humble brag. He reached bodybuilding's ultimate mark but couldn't eclipse it. So he's destined to remain synonymous with his hero. Together, Haney and Coleman have won 16 of the 50 Olympias. As we approach the 51st Mr. Olympia on Sept. 17-20, we examine eight connections between the two icons who are forever

1 THE SOUTH

■ Other than a few years Haney spent in Los Angeles in the mid-80s, both men have lived their entire lives in the American South. Haney was born and raised in the small city of Spartanburg, SC. His counterpart was born in Monroe, LA, and grew up in the nearby town of Bastrop. Cotton mills were their likely employers had they remained in the communities of their youth. They didn't. Bodybuilding was Haney's ticket out. After his California sojourn, he settled in Atlanta, GA, in 1988. For two decades, he owned a gym there. Coleman attended Grambling State, a one-hour drive from Bastrop, where he played football. Then he moved to Arlington, TX, and worked as a policeman even after discovering his proclivity for growing gargantuan.

The South imbued their personalities, as evidenced by their perpetually gregarious dispositions and smooth-as-molasses drawls. The devoutly Christian Haney offered up aphorisms like, "The world wasn't built in a day, and neither were we." And Coleman psyched himself up before sets with sayings that could've originated on Louisiana plantations: "Ain't nothin' but a peanut!" Neither man is known to curse. Coleman even infused his nutrition with down-home staples: grits with most every breakfast, a couple of dabs of barbecue sauce on his chicken breasts (even when dieting), cornbread in the off-season, and the occasional glass of lemonade to wash it all down.



Haney's best-known saying is "Exercise to stimulate, not to annihilate." It's a prescription for moderate reps and intensity.

2 MODERATION

■ Haney's best-known saying is "Exercise to stimulate, not to annihilate." It's a prescription for moderate reps and intensity. And it placed him in historical conflict with Dorian Yates—the HIT man who bridged the six-year gap between Haney's and Coleman's streaks. Yates employed minimum volume and maximum intensity, driving working sets to failure and beyond with a strategy of, well, annihilation. In contrast, Haney and Coleman were less concerned about reaching failure and only sometimes raced through that stop sign with techniques like forced reps and dropsets.

Following his idol Arnold Schwarzenegger, Haney went with relatively

high set volume. For example, when working delts, he typically used five to six exercises and 20–24 sets. Coleman did four to five exercises and 12–16 sets. (In sharp contrast, Yates did only three exercises and three working sets.) Despite Coleman's reputation for hoisting heavy metal, you might be surprised that it was Haney, not Coleman, who regularly pyramided at least one exercise per routine, progressing to an apex set of 6–8 reps. After his early training years, when he mixed powerlifting with bodybuilding, Coleman aimed for at least 10 reps on virtually all sets and seldom missed double digits—except for a few celebrated times when the video camera was rolling.

3 BASIC TRAINING

■ Both eight-timers favored free-weight, compound basics. In part, this was a concession to the dungeon-like dens in which they toiled—Haney during his formative years and Coleman for his entire career. They didn't have access to the latest contraptions. The gashed seatback of a creaky, leg extension machine was as close as they got to cutting-edge technology. Mostly, though, they discovered that the exercises in which you could pile on the most plates and have the widest ranges of motion worked best. Free-weight squats, bench presses, rows, overhead presses, curls, and triceps extensions were the workout cornerstones for both Mr. Olympia record holders.

4 BACKING IT UP

■ Both 5'11" legends were blessed with capacious clavicles, svelte hips, and full-lat anatomies. But they used their ideal structures and built the best respective backs of their eras. Year after year, lat width was the "game over" deciding factor in their Olympia victories. Top challengers like Rich Gaspari and Lee Labrada were eclipsed by Haney, just as Flex Wheeler and Kevin Levrone couldn't hang with Coleman's rear shots. (Dorian Yates versus Haney in 1991 and Jay Cutler against Coleman in 2005 were much closer calls. They were also the final contests of the two respective eras.) Haney typically worked back before shoulders, while Coleman scheduled back ahead of biceps. The second eight-timer alternated width and thickness routines, although, both workouts included rows. What's remarkable is the similarity in the exercise selection of the two icons. V-bar pulldowns (with a parallel grip) and underhand pulldowns (with a close grip) hit the lats in a similar fashion. And Haney frequently swapped one-arm dumbbell rows into his routine for variety. That leaves deadlifts as the only wholly unique exercise one did regularly that his counterpart did not do. The other key takeaway is they both considered barbell rows the best all-around back builder.

HANEY'S BACK ROUTINE

EXERCISE	SETS	REPS
Wide-grip Front Pulldown	5	10-12
T-bar Row	4	10-6
Seated Cable Row	4	12-15
Barbell Row	4	8-10
V-bar Pulldown	3	10-12

Both legends used their ideal structures and built the best backs of their eras. Haney worked back before shoulders, while Coleman did back ahead of biceps. Both favoured compound basics.



COLEMAN'S BACK ROUTINE

EXERCISE	SETS	REPS	EXERCISE	SETS	REPS
FOR THICKNESS			FOR WIDTH		
Deadlift	4	12-6	Wide-grip Front Pulldown	4	10-12
Barbell Row	3	10-12	Barbell Row	3	10-12
T-bar Row	3	10-12	Seated Cable Row	4	10-12
One-arm Dumbbell Row	3	10-12	Underhand Front Pulldown	3	10-12

5 1991 OLYMPIA

■ Despite Haney being only 4½ years older than Coleman, their posing careers never crossed. The South Carolina native started winning as a teenager, took the inaugural NPC Nationals in 1982 at 22, and won his first Olympia in 1984 at 24. When he retired with his eighth Sandow in 1991, he was only 31. By contrast, Coleman was a late starter. He entered and won his first contest, the 1990 Mr. Texas, at 25. Then, surprising even himself, he earned his pro card at the following year's IFBB World Championships. That happened two months after Haney's retirement. Pro success came much slower to the Arlington policeman. He was a decade behind his hero, winning his first Sandow at 34 and his last at 41.

Their careers didn't overlap, but their paths did and very near an Olympia stage. Three weeks before Coleman finished fourth among heavyweights at the 1991 NPC Nationals, 111-kg Haney fended off 111-kg Yates for his record-breaking eighth Sandow in Orlando, FL. This is now viewed as a passing of the guard from veteran Haney to upstart Yates. But 97 kg Coleman was there, too, literally lurking in the shadows backstage. He worked at that O as a means of gaining free entry and an up-close view. "I just wanted to see what it was all about," he remembers, "and I got to shake hands with my idol, Lee Haney."

Little did he know then, he would be competing (but not placing) in the Olympia just one year later (his World victory garnered him a qualification), and seven years hence he'd win that ultimate title—then keep winning until he tied the record set on the day he was watching. Who knows how many sweltering MetroFlex workouts that fateful day fueled the wide-eyed observer. On Sept. 14, 1991, the three legends who dominated the Olympia for 22 years from 1984–2005 were in the same place at the same time. Haney's era was ending. Yates' was about to begin. But no one then would've predicted that the little-known amateur toiling backstage would eventually usurp Yates and tie Haney.



6 CHAMPIONSHIP CHESTS

■ Even when both were at their best in the 240s, Coleman had significantly larger arms and legs than his idol. Haney's greatest advantage was his slimmer waistline, which he maintained throughout his Olympia reign. So, their physiques had distinct differences. But the two greatest qualities they shared were back width (previously discussed) and chest thickness. Pecs are probably the body

part for which Olympia standards have changed the least. The chests of Arnold Schwarzenegger and Franco Columbu four decades ago would still be among the best in the world today. This is because they built them with barbell and dumbbell basics, while too many modern bodybuilders rely on machines.

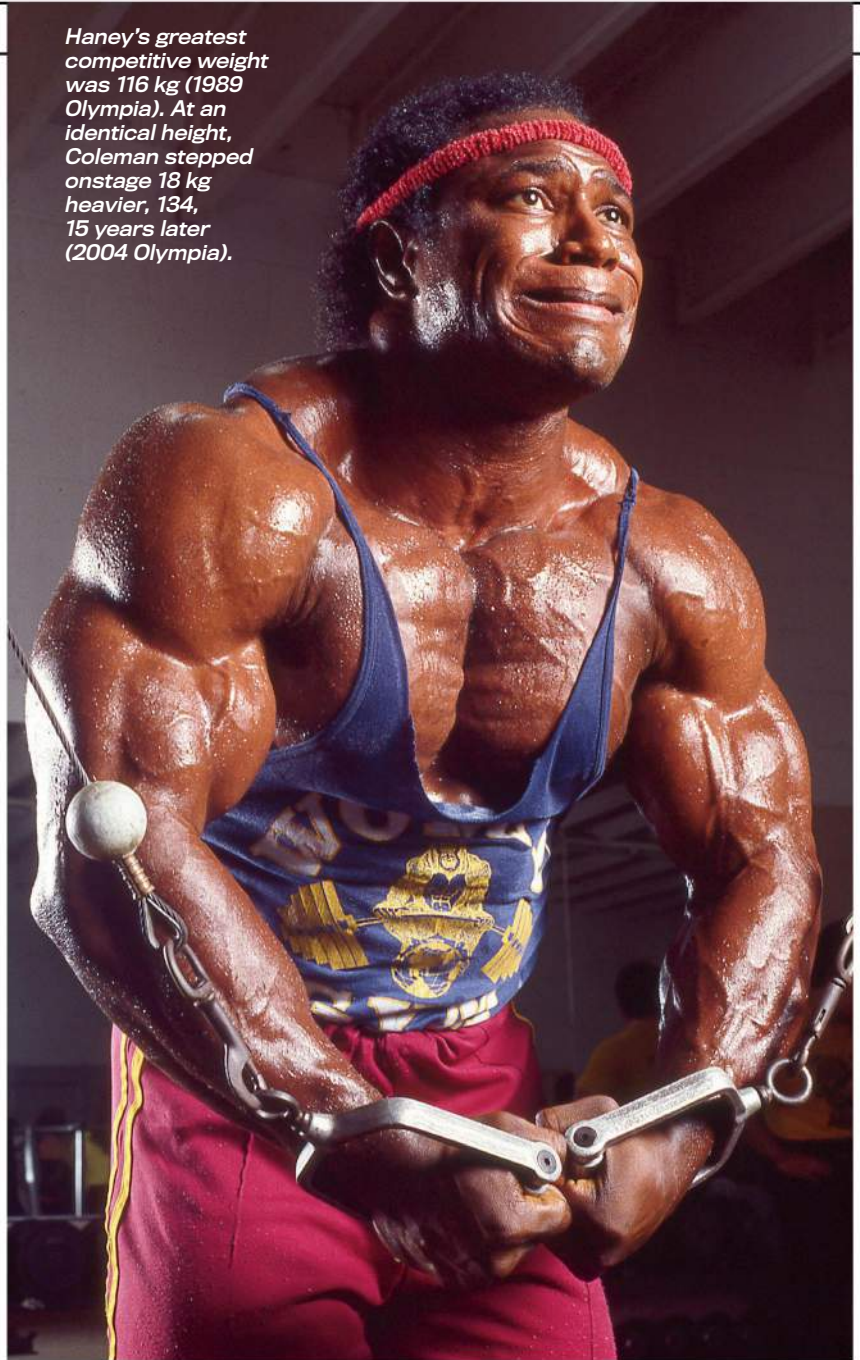
Haney and Coleman followed the '70s formula. In fact, Coleman typically

did only three exercises, flat, incline, and decline presses—with a barbell in one weekly workout and dumbbells in the other. On occasion, he might work in flies with dumbbells, cables, or a pec-deck, but more often than not he hit chest with all presses all the time. Haney went with more variety and volume, but he still credited free-weight flat and incline presses as his principle pec producers.

CHRIS LUND



Haney's greatest competitive weight was 116 kg (1989 Olympia). At an identical height, Coleman stepped onstage 18 kg heavier, 134, 15 years later (2004 Olympia).



*Their physiques had distinct differences, but the two greatest qualities they shared were back width and chest thickness. **Both built their chests with barbell and dumbbell basics**, while too many modern bodybuilders rely on machines.*

COLEMAN'S CHEST ROUTINE

EXERCISE	SETS	REPS
CHEST ROUTINE NO. 1		
Barbell Bench Press	4	10-12
Barbell Incline Press	4	10-12
Barbell Decline Press	4	10-12
CHEST ROUTINE NO. 2		
Flat Dumbbell Press	4	10-12
Incline Dumbbell Press	4	10-12
Decline Dumbbell Press	4	10-12

HANEY'S CHEST ROUTINE

EXERCISE	SETS	REPS
Barbell Bench Press	4-5	12-6
Barbell Incline Press	4	10-6
Dumbbell Flye	4	12-15
Dip	3	10-12
Cable Crossover	3	10-12

7 HIGH FREQUENCY

The six-year reign (1992–97) of Dorian Yates that bridged the Haney and Coleman eight-streaks had one great and lasting impact on training routines. Although most bodybuilders didn't commit to high-intensity workouts for long, they did follow the Englishman's lead and adopt lower workout frequencies. Whereas Haney used a three-days-on, one-day-off split (working body parts twice every eight days), Yates hit muscles once per week. By the end of the '90s, most advanced bodybuilders did likewise. But not Coleman. He went with a '70s-style split, hitting body parts twice weekly. Both eight-timers double-split their workouts pre-contest, dividing one day's toil into two workouts (Coleman did this on Day 1 year-round). For example, Haney did a chest workout in the morning and an arm workout in the afternoon on his Day 1.



HANEY'S TRAINING SPLIT

Day 1	Chest, Triceps, Biceps
Day 2	Quads, Hamstrings
Day 3	Back, Deltoids, Traps
Day 4	Off

Repeat cycle starting on Day 5. Calves and abs are trained every workout day.

Haney used a three-days-on, one-day off split (working body parts twice every eight days).



COLEMAN'S TRAINING SPLIT

Day 1	Back, Biceps (AM); Deltoids, Traps (PM)
Day 2	Quads, Hamstrings, Calves
Day 3	Chest, Triceps

Repeat cycle starting on Day 4. Day 7 (Sunday) is off. Abs are trained four days per week.

Coleman went with a '70s-style-split, hitting body parts twice weekly.



For Haney, his 1984-91 reign was relatively drama-free. *There was more controversy during the 1998-2005 Coleman reign.* His run was marked by ups and downs, twists and turns. The two eights with so much in common will forever be paired in bodybuilding history.



8 EIGHT SANDOWS

This is the most obvious similarity—the one that will keep their names forever linked, even after someone breaks their shared record. For Haney, his 1984-91 reign was relatively drama-free. His ascendancy marked an end to the 1976-83 “light-weight era” that preceded it—an eight-year period marked by under-90 kg Mr. Os (and a lighter-than-usual Schwarzenegger in 1980). Suddenly, there was a young, 180 cm, 109 kg-plus champ with a pleasing shape. No, his arms didn’t wow anyone, but his width did. Likely challengers were lost in his vast shadow. Lee Labrada pushed him hard in 1990 (Haney trailed after pre-judging), and Yates matched him pound for pound in 1991, but in other autumns his victory seemed a foregone conclusion. Ho-hum, another Sandow.

There was more controversy during the 1998-2005 Coleman reign. From his surprising initial victory (after finishing ninth the year prior) over favorite Flex Wheeler to his controversial squeaker over ascendant Jay Cutler in 2001 (Coleman trailed after pre-judging), to a win at far from his best in 2002 (followed by a loss in another contest), to his shocking supersizing in 2003, his run was marked by ups and downs, twists and turns. This drama was heightened via his annual duels with Cutler, who finished second to him four times before finally topping him in 2006. Of course, the latter loss prevented Coleman’s record-breaking ninth Olympia win (he lost again in 2007, his final contest). It kept him tied with his idol. But maybe that’s for the best, as his phone message attested. Haney and Coleman, the two eights with so much in common, will forever be paired in bodybuilding history. **FLEX**





BY JAMES RILEY PHOTOGRAPHS BY PER BERNAL

BUILDING A LEGACY

**212 UPSTART AARON CLARK
TRAINS QUADS AND HAMS WITH
THE LONG HAUL IN MIND**

▶ **On the most obvious level,** competitive bodybuilding is about contests between athletes, between champions and upstarts—and the details of timing and pump, performance, judges, and audiences. On another level, though, because bodybuilding is an individual sport based on self-improvement, there is an adversary each contender must face, the one opponent consistently challenging them, bout after bout.



"Me," according to Aaron Clark. "That's my biggest competitor. Getting caught up in who you have to beat or who you have to be better than will send you on a head trip. Bodybuilding, at its heart, is about you."

It's a reflective thought for a man who, for the last two years, has been the youngest competitor in the top five in the 212s at bodybuilding's spring and fall classics—at age 26, he took fourth at the 2015 Arnold Classic, falling behind Eduardo Correa (third), Hidetada Yamagishi (second), and Jose Raymond (first), who are, respectively, 7, 13, and 15 years older than Clark.

Clark doesn't take much satisfaction from that finish, because the year before, he placed a rank higher at the same show, taking third behind Flex Lewis (4 years his senior) and David Henry (13 years his elder).

Unusual also for his age, Clark is concerned about the long run. Ask him who his heroes are and he will cite the champions of the late '90s, like Kevin Levrone and Flex Wheeler, as those who stoked his initial interest in bodybuilding. Now, he finds he looks up to guys who have longevity, the ones who look outside of bodybuilding to have fun. He names Dexter Jackson, another athlete known for his aesthetic look, as a great example of staying in the game—still in great shape, still winning shows, still injury-free.

There is a note of caution as Clark approaches his leg-day training. **Taking care to lessen the risk of injury is part of his process.** "If it's leg day, and you're exhausted, don't go to the gym. You're not going to get as much out of it, anyway. Forcing yourself through a tough workout when you're not at top form is just risking injury. Get rested, fuel your body, then hit it hard when you come back tomorrow."

Perhaps it is a residual effect of a torn pec Clark suffered while competing as an amateur, an injury that sidelined his progress for a couple of years. When he returned to the contest stage in 2011, **Clark earned his pro card at age 24** by winning the heavies at the 2011 USAs. He then immediately moved into the rotation, bubbling under the top spot of the 212 ranks.

LEG SESSION

Clark works legs twice, 4 to 6 days apart, with 5 days as the ideal for recovery and recuperation. In the first of those 2 workouts, he will focus on the quads but include exercises for hams as well. On the second, hams take the spotlight position. He hits calves almost every workout.

"Separation and density in the ham and glute area win a lot of contests, so I target that area directly with my leg workouts," he says.

Clark, a sales manager for Blackstone Supplements (Blackstone Labs is his sponsor), had originally planned to compete next at the New York Pro. But, out of caution over a forearm strain, he was instead looking toward the Wings of Strength Tampa Pro in August. As of press time, Clark is tied for second in the Olympia Qualification series—leaving him to focus on earning his berth again at the 2015 Olympia (in 2014, he placed sixth at the Olympia 212 Showdown) and on improving his ranking when he does.

In the meantime, the Boca Raton, Florida, resident, a former skateboarder who was swept off his board by the bodybuilding world when he was at Northern Virginia Community College in Annandale, USA, isn't just spinning his wheels—he's planning to be in the mix for the long run.



HYPEREXTENSION

2 sets, 20-plus reps

"It's important to loosen up the glutes, hamstrings, and hips to get started. Hyperextensions help, especially if the tendons are hurting. Don't start pressing with your hamstrings cold and tight—you want to do warmup sets to make sure the joints are completely ready for both the negative and positive contractions. Sometimes I hold a plate."



STANDING ONE-LEG LEG CURL

3 sets, 10 reps (each leg)

"This is a great way to isolate the muscle, focus on the stretch, and on the contraction. Don't forget to focus on the negative contraction. If you want full muscle-belly development, and you want to build strength and lessen the chance of injuries, you need to focus on lowering under control. The negative phase of a rep is very important."



CLARK'S STATS

BORN 9/7/88

HEIGHT 170 cm

WEIGHT 96 kg

RESIDENCE

Fairfax, VA

**CAREER
HIGHLIGHTS**

2015 Arnold
Classic 212, 4th;
2014 Arnold
Classic 212, 3rd;
2014 Olympia
212 Showdown,
6th; 2013 New
York Pro 212,
4th; 2012 USA
Championships,
Heavyweight, 1st



LEG EXTENSION

3 sets, 8-10 reps

"Leg extensions are a warmup exercise. I usually prefer to do them one leg at a time to make sure each leg gets equal work. Again, I focus on doing the negatives slowly to maximize development. I never let the weight drop back to the starting position."



LEG CURL

3 sets, 10-12 reps

"Squeeze at the point of peak contraction then slowly lower the weight back down. I do slow negatives with this exercise because hamstrings are prone to tear."

SQUAT MACHINE

3 sets, 8-10 reps

"I will usually do the squat machine as a superset with the leg extensions. I'll go to failure on a set of leg extensions then jump on the squat machine and do reps to failure. Squats hit quads the best; using the machine helps me reduce the risk of injury."

In addition to free-weight squats, Clark does the plate-loaded machine version to take balance out of the equation.





SQUAT

3 sets, 10-15 reps

"I try to do squats every leg workout. Space your feet shoulder-width apart. Turn your toes out slightly. I like to go below parallel, for the deep stretch, as well as for the contraction of the glutes and quads as I power out of the bottom on my way back to the starting point."

LEG PRESS

3 sets, 8-10 reps

"I use rest-pause with leg presses. I like the leg press because I don't have to stabilize myself, which helps me to dig deep. I start with a weight where I will fail at 10 to 15 reps. I do a set, rack the weight, and count off 'one Mississippi' before I follow with one set of 10 to 15 and a third set if I can make it to eight."



The leg press is another key mass move. Clark goes all the way down to engage all the leg muscles.



CLARK'S TRAINING SPLIT

DAY 1 **Chest**

DAY 2 **Arms**

DAY 3 **Off**

DAY 4 **Legs**
(Quads focus)

DAY 5 **Shoulders**

DAY 6 **Cardio, abs**

DAY 7 **Back**

DAY 8 **Off**

DAY 9 **Legs**
(Hamstrings focus)



STIFF-LEG (ROMANIAN) DEADLIFT

3 sets, 10-12 reps

"I use dumbbells or a barbell. Dumbbells give me a freer range, and my arms can move a little bit, which helps if my wrists are sore. I'll go with a barbell when I want to use more weight." **FLEX**

CLARK'S LEG ROUTINE

QUADS

EXERCISE	SETS	REPS
Leg Extension	3	8-10
Squat Machine	3	8-10
Leg Press	3	8-10
Squat	3	10-15

HAMS

EXERCISE	SETS	REPS
Hyper-extension	2	20+
Standing One-leg Leg Curl	3	10 (each leg)
Leg Curl	3	10-12
Stiff-leg Deadlift	3	8-10

They say the first
one's the toughest

I wonder what
they say about
the fifth

I'll let you know...

"It's hard work making
this look so easy."

- Phil Heath

Mr. Olympia, 2011, 2012, 2013, 2014

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BY MATTHEW KADEY PHOTOGRAPHS BY BRIAN KLUTCH

GO



DIP DRESSINGS

HOMEMADE CONDIMENTS CAN REFRESH BORING FOOD
WHILE KEEPING YOUR DIET ON TRACK



Eating bland chicken, dry steak, and undressed steamed vegetables gets old quickly. Yet many bodybuilders continuously shovel flavourless food down their throats in fear that any and all add-ons will jeopardize their physiques. Along with herbs and spices, condiments used as dips, spreads, and dressings can spruce up dull fare without causing total diet annihilation—especially when they’re homemade. Many store-bought condiments rely on synthetic ingredients and sugar to create a longer shelf life and boost flavour. Unfortunately, those same ingredients can kill your shred.

The DIY condiments we’re offering replace some of those lab-derived ingredients with better options that put you in control. Now, you’ll know exactly what’s going on your food and into your body. To make them, all you need are a handful of fresh ingredients, a blender or food processor, and a dash of patience. No goofy chef’s hat or apron required.



RANCH DRESSING

Serves 4

Many store-bought ranch dressings rely on vegetable oil, corn syrup, and chemically altered starches to improve texture. Our ranch includes Greek yogurt and more buttermilk than traditional recipes to up the protein content.

Ingredients

190 g plain 2% Greek yogurt
80 g buttermilk
1 garlic clove, minced
1 tsp cider vinegar or white wine vinegar
1 tsp lemon zest
½ tsp Dijon mustard
¼ tsp salt
¼ tsp black pepper
2 tbsp dill, finely chopped

Directions

Add yogurt, buttermilk, garlic, vinegar, lemon zest, Dijon mustard, and salt and pepper into a mixing bowl; whisk. Add more yogurt or buttermilk, respectively, if the mixture is too watery or thick. Toss in dill, and stir. Transfer mixture to a glass jar, cover, and store in the refrigerator for up to one week.

Per Serving

CALORIES	PROTEIN (g)	CARBS (g)	FATS (g)
40	5	3	1

CHIPOTLE KETCHUP

Serves 6

Subbing in sun-dried tomatoes and chipotle peppers for sweeteners and high fructose corn syrup provides an intense, natural tomato flavor with a kick of heat.

Ingredients

55 g oil-packed sun-dried tomatoes, drained
2 tbsp red wine vinegar
2 tsp honey
1 small chipotle chili pepper in adobo sauce
½ tsp garlic powder
½ tsp onion powder
½ tsp salt

Directions

Place tomatoes into a mixing bowl, add 350 ml boiling water and cover for 30 minutes or until soft. Place all ingredients into a blender; blend to a smooth paste. If it's too pasty, add water in 1-tbsp amounts until desired consistency is reached. Transfer to a glass jar, seal it, then allow the mixture to chill at least 24 hours. Use for up to two weeks.

Per Serving

CALORIES	PROTEIN (g)	CARBS (g)	FATS (g)
30	0.5	5	1

BARBECUE SAUCE

Serves 8

Many BBQ sauces are sugary and contain emulsifiers—additives that keep ingredients from separating. A study published in the journal *Nature* found that emulsifiers altered the makeup of bacteria in the colon, leaving subjects (in the study, mice) more susceptible to diseases associated with gut inflammation. Our BBQ sauce upgrade relies on natural sweeteners like pureed dates, which provide you with fat-fighting fiber, and a potassium and magnesium boost.

Ingredients

90 g pitted dates
225 g plain tomato sauce
180 ml strongly brewed coffee, cooled
60 ml cider vinegar
2 tbsp tomato paste
1 tbsp unsweetened cocoa powder
2 tsp Worcestershire sauce
1 tsp smoked paprika
2 shallots, finely chopped
1 tsp cumin powder
1 tsp garlic powder
½ tsp allspice powder
½ tsp salt
¼ tsp black pepper

Directions

Place dates into a bowl filled with 120 ml of hot water, let soak 30 minutes, then blend all ingredients until smooth. Put the mixture into a partially covered saucepan over medium heat and let simmer. Stir occasionally until slightly thickened. Let cool, then transfer to a sealable container.

Per Serving

CALORIES	PROTEIN (g)	CARBS (g)	FATS (g)
45	1	11	0



CONDIMENT KINGS

According to research from Euro-monitor International, U.S. consumers purchased \$2 billion worth of mayo in 2013. Ketchup was second at \$800 million, soy sauce pulled in \$660 million, hot sauce a cool \$550 million, and mustard \$450 million.

● GARLIC YOGURT MAYONNAISE

Serves 4

Commercial mayo is high in fat, pro-inflammatory omega-6 oils, and artificial ingredients. Low-fat and low-calorie mayonnaises are high in sugar. Using Greek yogurt provides you with probiotics to aid gut and immune health and bolster fat-burning efforts. Garlic and olive oil also help keep cholesterol numbers in check and control insulin levels.

Ingredients

4 garlic cloves, unpeeled	1 tbsp Dijon mustard
1 tsp olive oil	1 tbsp fresh lemon juice
245 g plain 2% Greek yogurt	¼ tsp salt

Directions

Place unpeeled garlic cloves in a microwave-safe dish with olive oil. Nuke them with high heat for 1 to 1½ minutes or until soft. Peel the garlic cloves, mash with a garlic press, and finely chop. Mix together garlic, Greek yogurt, Dijon mustard, lemon juice, and salt. Chill for up to one week.

Per Serving

CALORIES	PROTEIN (g)	CARBS (g)	FATS (g)
62	6	4	2

● DIJON MUSTARD

Serves 12

Mustard seeds are full of magnesium and the antioxidant selenium; the duo has been shown to reduce inflammation and ward off muscle pain. In-store mustards routinely add vinegar to their formula, which can cut down on the amount of selenium and dilute the mustardy flavor.

Ingredients

7 g yellow mustard seeds	230 ml white wine vinegar
2 tbsp brown mustard seeds	1 tbsp honey or pure maple syrup
2 tbsp yellow mustard powder	½ tsp salt
230 ml dry white wine	

Directions

Put ingredients into a glass jar or stainless-steel bowl. Cover, then let stand for 2 to 3 days at room temperature. Place the ingredients in a blender and blend until smooth. Add warm water in 1-tbsp increments if the mustard is too thick. Transfer to a glass jar, seal shut, then refrigerate for up to 1 month. **FLEX**

Per Serving

CALORIES	PROTEIN (g)	CARBS (g)	FATS (g)
40	1	3.5	1



BY JIM SMITH, C.S.C.S.

FOUR WEEKS TO DELTSTRUCTION

BIGGER, BROADER, STRONGER SHOULDERS ON YOUR WISH LIST? MAKE IT HAPPEN WITH THIS INTENSE PLAN.

A STRONG, SYMMETRICAL SET OF SHOULDERS

play a crucial role onstage by helping to create the illusion of a smaller waist and enhance the coveted V-taper. Offstage, broad shoulders create a more commanding presence and are recruited for virtually every upper-body compound movement. Overdevelopment or underdevelopment of your deltoids is common when attention isn't given to all three heads: anterior (front), medial (side), and posterior (rear). Aside from being a glaring flaw in your physique—it doesn't take a bodybuilding judge to spot it—weak shoulders will hold you back from making gains in other areas, such as the bench press and other pressing movements.

So, how can you either A) fix or B) avoid the problem of inferior deltoids? Simple. Follow this four-week program. The routine relies on the concept of powerbuilding—a mesh of powerlifting and bodybuilding—and utilizes the principle of progressive overload that changes at least one training variable each workout. Get ready for deltstruction!



DELTOIDS 101

Knowing the names of the three deltoid muscles isn't enough; you also need to know their functions.

TRAPEZIUS

Shoulder elevation: Pulling shoulders up toward ears

Exercises: Shrug, upright row

MEDIAL (SIDE) DELTS

Shoulder abduction: Raising arms straight out to sides

Exercises: Lateral raise, wide-grip upright row, overhead press

POSTERIOR (REAR) DELTS

Shoulder transverse abduction: Extending arms straight in front then pulling shoulder blades together to separate arms and travel to rear

Exercises: Bentover lateral raise, prone incline rear lateral raise, reverse machine flye, cable face-pull, overhead press

ANTERIOR (FRONT) DELTS

Shoulder flexion: Raising arms straight out in front and overhead

Exercises: Front raise, upright row, overhead press





THE FOUR-WEEK DELTSTRUCTION WORKOUT

Gains in strength and muscle are the result of enough tension (amount of weight used), metabolic stress (achieved with advanced set protocols like dropsets, giant sets, and rest-pause training), and muscular damage (microtrauma).

The sets and reps for bench press, squat, overhead press, and deadlift will vary each week according to the protocol below. The sets and reps for all other exercises remain the same but utilize the advanced set protocols mentioned above. On benches, squats, and deadlifts, after two to three warmup sets, use a straight barbell or any specialty bar of your choice (e.g., a thicker bar or cambered bar).

Also, note on Days 2 and 5, you will perform exercises 3A, 3B, and 3C, as a tri-set (three exercises performed back-to-back with minimal rest). Targeting the lower-body and noncompeting upper-body parts in this fashion optimizes the muscle-building effect of shorter rest periods without zapping strength levels. On Day 4, you will do a giant set to really fry the shoulders (four exercises performed back-to-back with minimal rest).

DEADLIFT

WEEK	SETS	REPS
1	8	3
2	6	4
3	5	5
4	4	6

BARBELL SQUAT

WEEK	SETS	REPS
1	4	8
2	5	5
3	8	3
4	4	12

BARBELL BENCH PRESS

WEEK	SETS	REPS
1	4	12
2	4	8
3	5	5
4	8	3

BARBELL OVERHEAD PRESS

WEEK	SETS	REPS
1	5	5
2	8	3
3	4	12
4	4	8

DELTSTRUCTION DAY 1

EXERCISE	SETS	REPS
1 Barbell Bench Press	4	12
2 Seated Dumbbell Overhead Press	4	15-20
3 Pullup*	4	8-10
4 Dumbbell Shrug	4	20
5 Face-pull	4	20
6 Triceps Pushdown**	4	20
7 Wide-grip Pushup***	1	100

*On the last rep of every set, hold your chin over the bar as long as possible.

**Use your favourite bar or rope with an overhand or underhand grip.

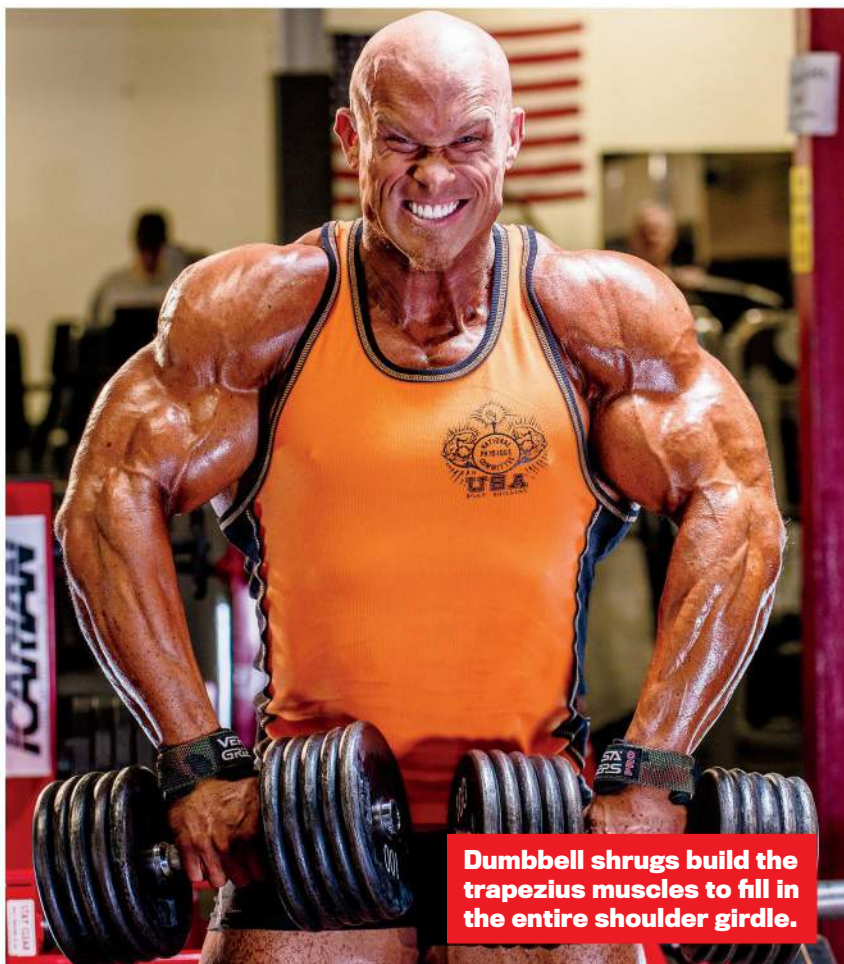
***Perform pushups with hands on dumbbells that are spaced wider than shoulder-width apart. Perform a rest-pause protocol, resting on knees no longer than 20 seconds until you reach 100 reps

TRAIN PAIN-FREE

Feeling a twinge or a pang when you're training delts? Follow these four tips to alleviate the pain.

WARM UP BETTER

Begin by foam-rolling your chest, lats, upper back, and triceps for 30 seconds each. Remember, a warmup is just to get the blood flowing and prepare the shoulders for the real workout, so go light.



Dumbbell shrugs build the trapezius muscles to fill in the entire shoulder girdle.



DELTSTRUCTION DAY 2

EXERCISE	SETS	REPS
1 Barbell Squat	4	8
2 Barbell or Dumbbell Romanian Deadlift	4	8-12
3A Walking Lunge, triset with	4	6-8 steps (each leg)
3B Wide-grip Barbell Shrug	4	20
3C DBI Rear Lateral Raise	4	10-12
4 Lat Pulldown*	4	15-20
5 Barbell Curl**	1	100

*Use your favourite bar with an overhand or underhand grip
 **Perform with no weight on the bar. Perform a rest-pause protocol, resting no longer than 20 seconds until you reach 100 reps.

DAY 3 OFF

TRAIN PAIN-FREE

BUILD YOUR BACK

A bigger back translates to a bigger press, so increasing the volume for pullups, lat pulldowns, and rows may improve pressing numbers while also improving your posture and overall shoulder health.



TOP: PER BERNAL; BOTTOM: ALEX ARDENTI

Dumbbell front raises for anterior development can be done seated or standing.



SEATED DUMBBELL INTERNAL EXTERNAL ROTATION

Sit on a bench with one leg bent and the foot flat on the bench. Hold a dumbbell in that side's hand and bend the arm to 90 degrees to position your elbow atop the bent knee, your forearm parallel to the floor. Rotate your arm so the dumbbell moves directly above your knee. Lower to the start position and repeat.

DELTSTRUCTION DAY 4

EXERCISE	SETS	REPS
1 Barbell Overhead Press	5	5
2 Wide-grip Pushup*	4	20
3A Seated Dumbbell Rear Lateral Raise	3	10
3B Seated Dumbbell Internal/External Rotation	3	10
3C Seated Dumbbell Lateral Raise	3	10
3D Seated Dumbbell Front Raise	3	10
4 Seated Row Ladder**	9	2-20

*Perform with hands on dumbbells.

**After the first set, drop weight by 10-20 pounds. Add 60 pounds for the last set.

NOTES Do 3A, 3B, 3C, 3D as a giant set (four exercises performed back-to-back with minimal rest).

TRAIN PAIN-FREE

CHANGE UP YOUR ANGLES

Lowering the angle of a seated dumbbell press from 90 degrees to a high incline may help you press without pain. A high incline should also allow you to use more weight to place greater overload on the delts.



Lateral raises build the medial heads. “Capping” your side delts gives your shoulders width and increases your overall V-taper.

DELTSTRUCTION DAY 5

EXERCISE	SETS	REPS
1 Deadlift	8	3
2 Barbell Romanian Deadlift	4	20
3A Leg Curl, triset with	4	20
3B Dumbbell Shrug	4	20
3C Pullup*	4	5
4 Back Extension (weighted)	3-4	12-20
5 Prone Incline Dumbbell Rear Lateral**	1	100

*Descend using a three- to five-second negative before pulling yourself up as quickly as possible.

**Perform facedown on an incline bench with no more than 30-pound dumbbells. Use a rest-pause protocol, resting no longer than 20 seconds until you reach 100 reps.

TRAIN PAIN-FREE

TRY NEUTRAL-GRIP DUMBBELL PRESSES

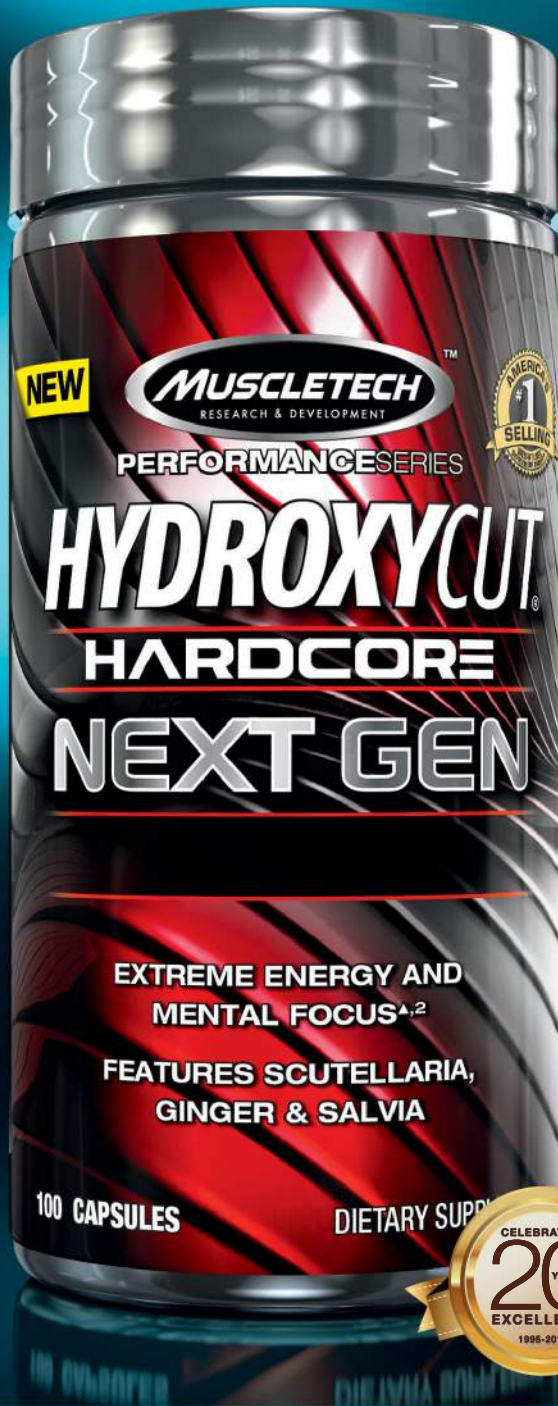
A barbell will force your wrists, elbows, and shoulders into a fixed position. Instead, use dumbbells since they allow for small variations and adjustments as you press. A neutral grip may eliminate the tendon discomfort you experience with an over-hand grip on a barbell. **FLEX**

EXERCISE	SETS	REPS
Static Chest and Shoulder Stretch	1	2-3 min. (each side)
Dumbbell Overhead Press	1-2	10
Dumbbell Lateral Raise	1-2	10
Dumbbell Front Raise	1-2	10
Dumbbell Bentover Lateral Raise	1-2	10
Cable Face-pull with External Rotation	1	20
Pushup	1-2	10



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THE STRONGEST MAN ON EARTH

STRONGMAN STANDOUT BRIAN SHAW REVEALS THE TRAINING AND NUTRITION PLAN THAT WON HIM THE 2015 ARNOLD STRONGMAN CLASSIC AND WORLD'S STRONGEST MAN CHAMPIONSHIP

BY JASON BREEZE

 With big-time wins earlier this year at the Arnold Strongman Classic in Ohio and the World's Strongest Man competition in Malaysia, Brian Shaw has established himself as the top strongman athlete in the world. The 33-year old Shaw, who started his strongman career in 2005, is now a two-time Arnold Classic and three-time World's Strongest Man champion. Here, he serves up the training and nutrition programmes that have made him, well, one superstrong dude!



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GOLD'S GYM

THE KILOS. STRONGMAN CAVE

If you want to be the world's strongest man, you're going to need a place that has a lot of weights and specialized equipment. To ensure he had all that he needed, Shaw built his own gym, which is 2,000 square feet and uniquely his own.

"My gym has an intense vibe," Shaw states. "Even before you enter there are a bunch of Atlas stones in the parking lot beside the door, so you know it's not your average gym." Inside, there are the typical pieces of equipment you'd expect in a strongman's training facility: a squat rack, bench press, and deadlift platform, as well as a pulldown machine, cable row, and dip bars.

Upon closer inspection, experienced lifters will notice that several pieces of equipment have been altered to Shaw's specifications. "On my pulldown machine, I've modi-

fied the bar with grips at various widths," Shaw says. "It looks kind of like a ladder, thereby allowing me to grip it at different widths so I can target different areas of my back. And the bar is three inches in diameter, which helps increase my grip strength. After doing a set with this monster, your fingers are killing just from gripping the bar—and the pulldown bar at your local gym seems like a toothpick!"

CUSTOM BUILT

Having a plethora of tools hand-picked for strongman is crucial for event training. These include various-size beer kegs, which he uses to train for the keg throw and keg walk. His Atlas stones and various-size circus dumbbells are also custom-made; the latter are used for one of the most exciting events at the Arnold Strongman competition.

"Every year I have to get a new dumbbell made because they keep increasing the weight with every competition...and that's because competitors keep smashing the record for reps!" he says. "It's going to get to the point where they're going to need an entire crew just to roll the thing out onstage."

The Austrian Oak Press is another fan favourite. Shaw trains for it with replica logs. He offers a word of caution to aspiring strongman competitors unfamiliar with the coordination involved in the lifts: "All the strongman events are dangerous, so you have to know exactly what you're doing. For example, with the log press, not only do you have to lift it off the floor, you also have to balance the log, which is over two feet in diameter at the ends, on your chest before you press it. It can really put a kink in your neck if you're not careful."



"I LOVE HAVING MY OWN GYM. YOU HAVE THE TYPICAL PIECES OF EQUIPMENT YOU'D EXPECT, BUT WHEN YOU LOOK CLOSELY, YOU'LL SEE THEY'VE ALL BEEN MODIFIED TO MY SPECIFICATIONS."

Shaw walks his way to victory with a 500-kg timber carry at the 2015 Arnold Strongman Classic.



GYM RAT

Shaw's love for the gym dates back to his college basketball days at Black Hills State University in Spearfish, South Dakota. Attending on a full basketball scholarship, it was there that he got hooked on training. Always exceptionally strong even before he started lifting, Shaw began spending a great deal of time in the weight room. The rest, as they say, is history.

Along with strongman-specific training, Shaw does a "normal" training routine consisting of basic, free-weight compound exercises like squats, deadlifts, bench presses, barbell rows, and even dips. He will also use a wide variety of machines to target specific muscle groups. "I need to keep my body in top shape like any other athlete," he explains. "I do so-called 'bodybuilding' movements for base strength and fitness. You don't see someone in the NFL just training on the pitch; they hit the gym hard, too."

Shaw follows a four-day training split: Monday, he hits legs. Tuesday is chest, shoulders, and triceps. Wednesday is a rest day. Thursday is deadlift and back training. Shaw does not train on Friday. "That's

date night for me and my fiancée," Shaw explains. "I have to make time for myself and my loved ones—all work and no play makes me go crazy!" Saturdays are for event-specific training (see box at right), and Sunday is a final rest day to help his body fully recover before he starts a new week of training.

STRONGMAN SATURDAYS

Saturday's training session can vary, depending on the events he is working on. Here's a sample Saturday spent focusing on the Log Press, Farmer's Walk, and Atlas Stone events. Prior to doing any of these lifts, Shaw warms up with a lighter weight to prepare the muscles and avoid injury.

For the log press, Shaw will do 6 sets, going heavier on successive sets (pyramiding) while keeping his reps to 5 per set until he reaches his max weight for the day. Here's an example of the weights used: 102-125-138-152-166-179 kilograms.

Next up is the Farmer's Walk. Each "run" is 24 metres. Shaw will either do the full 24 metres all the way through or do 12 metres, then turn around and come back to the starting point. After two runs with

45 kg in each hand, the following is an example of the weights used: 91-114-159.

The final event is the Atlas Stone. Shaw lifts a light stone up to a platform (or over a bar) for a few reps to warm up. He then works up in weight, doing 2-3 reps with each stone. Once he reaches the stones he will do his working sets with, he does 2-3 sets of 5 reps if he is lifting them over a bar. If he is using a series of platforms, he will do a five-stone run. Typical stones weigh between 102-227 kilos.

10,000 CALORIES-PER DAY

To keep his 203 cm, 195-kg body running at optimum levels, Shaw eats an average of 10,000 calories a day, spread out over seven meals. "I need to get enough protein in

SHAW'S STRONGMAN WORKOUT

Exercise	Sets	Reps
Monday: Legs		
Safety Squat Bar	5-8	2-5
Good Morning	3	8-12
Hammer Strength Iso Leg Press	3	8-15
Tuesday: Shoulders, Chest, Tri's		
Standing Military Press	5-8	3-8
Incline Dumbbell Press	3	8-12
Close-grip Bench Press	3	5-8
Cable Triceps Extension	3	8-12
Wednesday: Rest		
Thursday: Deadlift, Back		
Deadlift	5-8	1-5
Glute-ham Raise	3	8-12
Lat Pulldown	3	8-12
Seated Cable Row	3	8-12
Frame Shrug	3	20
Friday: Rest		
Saturday: Event Training		
Log Press	6	5
Farmer's Walk	5	24 m
Atlas Stone	2-3	5
Sunday: Rest		

me to grow and stay strong," Shaw says. "My favourite meal is grass-fed beef, but I do switch up my protein sources—everything from salmon, eggs, chicken, turkey, to bison." Along with the wide variety of protein choices, Shaw also takes in plenty of pasta, rice, potatoes, fruits, and vegetables. "You name it, it's pretty much part of my diet," he chuckles. "I eat pretty clean, and weigh out exact measurements for each meal that my nutritionist sets out for me. I've also got pretty good at eyeballing portions when I'm unable to weigh my food, like when I'm on the road."

Shaw works hard to maintain a constant intake of calories throughout the day to feed his muscles to keep him as strong as possible. "Think about it, how can you compete with the best strongmen in the world, like Zydrunas Savickas and Hafthor Bjornsson, and win if you don't follow a proper nutrition schedule?" Shaw says. Due to his size, Shaw burns off more calories walking around than some people do training two hours in the gym. "I have to eat constantly," Shaw says. "If you want to become a strongman, this is key."

SECRET TO STRENGTH

Proper supplementation before, during, and after training, in addition to in-between meals, keeps the flow of nutrients into Shaw's muscles. "The secret to strength is making sure you're always in a state of healing and growth," Shaw says. "You can't have a kick-ass workout then not supply your body with what it needs to repair itself and grow. That's ass-backward, and you'll never advance in strongman training, bodybuilding, or whatever sport you do. You'll actually hurt your gains and make yourself worse off than when you didn't train at all!" Shaw's favorite supps include MHP's Up Your Mass, Power Pak Pudding, and Dark Matter.

STRONG PERKS

Being the world's strongest man has numerous perks: fame, fortune, and the right to lay claim to a pretty cool title. But one stands out as being especially cool: "I get to hang out with Arnold!" which means that Brian Shaw may literally be his biggest fan. **FLEX**

For more information on Brian Shaw and MHP supplements, visit mhpstrong.com



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- IFBB PRO
- 2015 TORONTO PRO 1ST PLACE
- 2013 ARNOLD CLASSIC BRASIL 1ST PLACE
- TEAM SCITEC USA

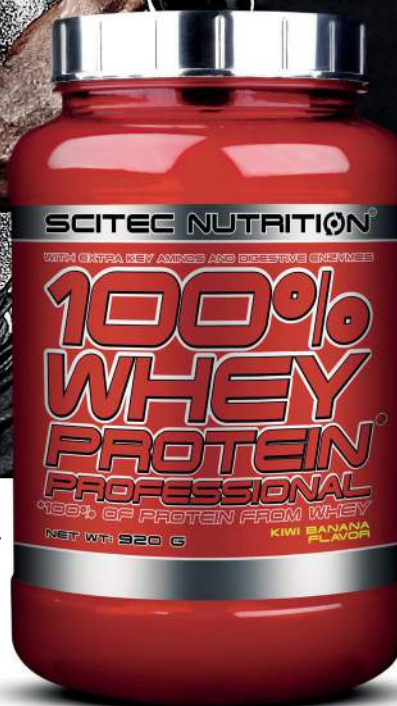
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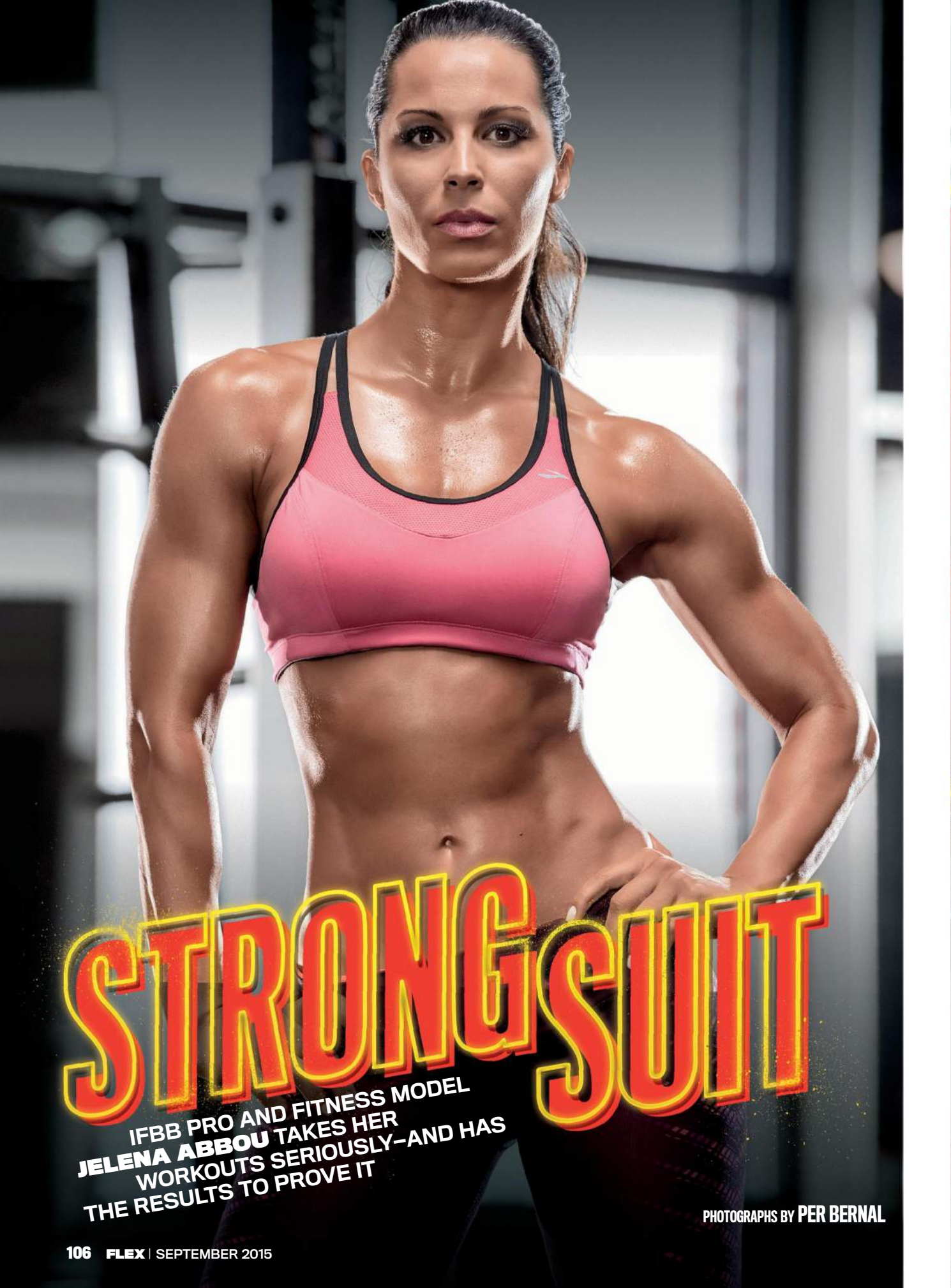
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STRONGSUIT

IFBB PRO AND FITNESS MODEL
JELENA ABBOU TAKES HER
WORKOUTS SERIOUSLY—AND HAS
THE RESULTS TO PROVE IT

PHOTOGRAPHS BY PER BERNAL

A full-page photograph of Jelena Abbou, a Serbian-born IFBB figure pro, in a gym setting. She is captured in the middle of a barbell row exercise, leaning forward with her back to the camera, pulling a barbell towards her chest. She is wearing a pink sports bra, dark leggings with a red geometric pattern, and pink and black sneakers. Her hair is pulled back in a ponytail. The background shows gym equipment and a red wall. A yellow and red graphic box on the right contains text about her fitness journey.

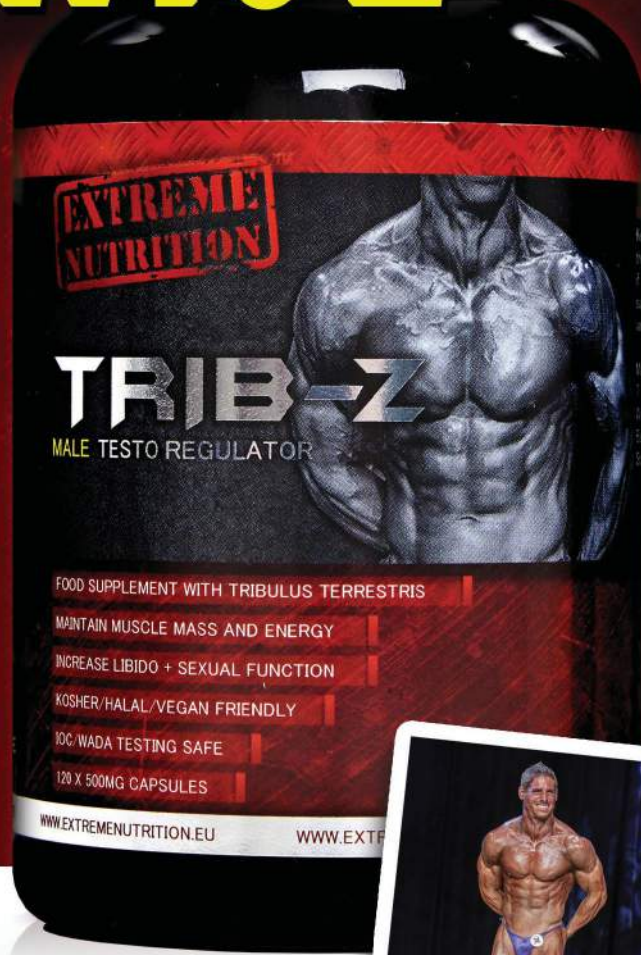
■ Serbian-born IFBB figure pro Jelena Abbou isn't afraid of hard work—in fact, she thrives on it. “It’s a stress relief for me. I like constantly improving my body.” Abbou, who trains each body part once a week (except for her legs, which she works twice a week), is staying behind the scenes in competitions this year rather than onstage, spending her efforts coaching other athletes to achieve their best. When not at the gym, she reads, watches movies, and travels. But most of all, she enjoys how fitness makes her feel. “I started training when I was 17, but when I came to the U.S. I started taking fitness really seriously. The rest is history.”



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NO CHALLENGE
THAT'S TOO BIG."**

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Dr. Andrew Chappell IFCC World Champion "I've been competing for over 10 years and have been lucky enough to have had great success. I've only ever used Extreme Nutrition products because they have helped me build the championship winning physique I have today. I was asked by Extreme to trial their new Trib-Z product for a few months and all I can say is I'm seriously impressed. I have found it helping me towards the physique I am working towards."



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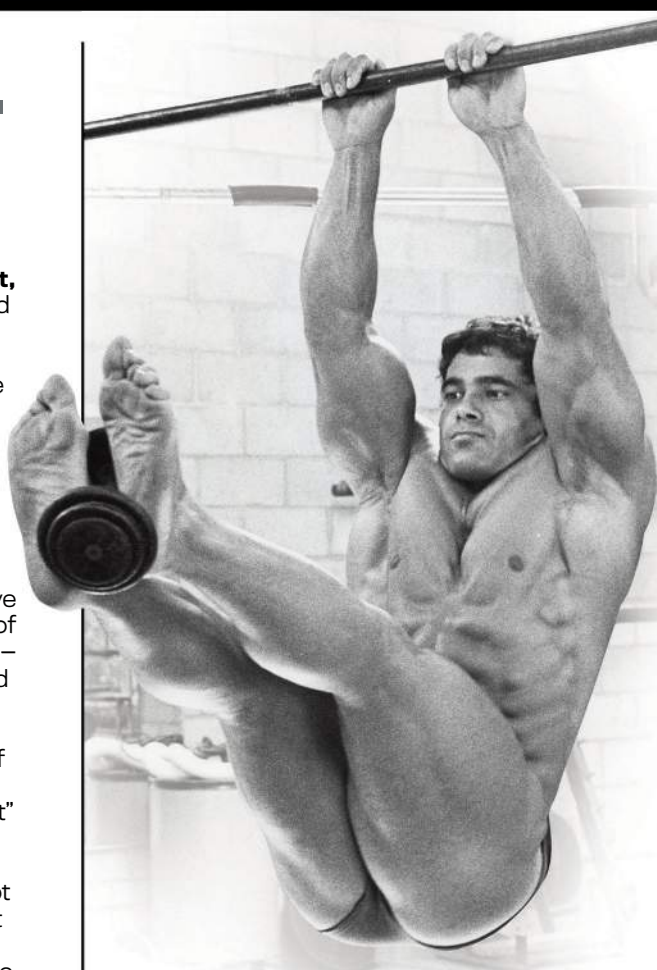
AB-SOLUTIONS

10 DIFFERENT AB TRAINING APPROACHES FROM
10 OF BODYBUILDING'S ALL-TIME GREATEST AB MEN

BY GREG MERRITT

■ LET'S FACE IT. AB TRAINING CAN BE BORING.

The range of motion is short, many exercises are similar, and workouts frequently focus on high-rep, low-intensity sets. B-o-r-i-n-g. What's more, if the area is sheathed with body fat (or clothes), no one is going to see the results, no matter how many crunches you do. For these reasons, abs are too often neglected—even by professional bodybuilders. We have a solution. In fact, we have 10. When at their peaks, each of the following physique legends—from those who first competed more than 5 decades ago to those who are still winning today—sported a superb set of rectus abs and obliques. This isn't exactly an "all-time 10 best" list. A person or 2 here might surprise you. The following "middle men" were selected not only for their ab excellence but also for the diversity of their routines. Together, they provide 10 waist workout strategies. These range from marathons to sprints and encompass a wide spectrum of set and rep combinations, exercise choices, and workout frequencies. Get ready for some things old and some things new. These 10 legends prove there are many ab-solutions.



FRANCO COLUMBU

While his chest and back garnered most of the praise in the '70s, two-time Mr. Olympia Columbu set off his superb torso with a thickly developed ab slab. The Sardinian strongman worked his middle with mostly body-weight exercises, and he favoured one such waist worker, Roman chair situps, which are rarely performed today. As was common in the '70s, when body parts were hit more often than they are now, Arnold Schwarzenegger's favourite training partner found some time to stress abs on every training day.

STYLE

High frequency,
moderate sets,
moderate reps

WEEKLY WORKOUTS 6

SETS PER EXERCISE 4

REPS PER SET 15-25

SETS PER WORKOUT 12

REPS PER WORKOUT 180-300

TYPICAL EXERCISES

Roman chair
situp, crunch,
hanging leg raise



AHMAD HAIDAR

Though Lebanese-born Haidar never won a pro show during his 11-year career (1998–2009), he may have had the best abs in every contest he entered. In fact, he had arguably the greatest abdominals of all time. They were earned with 30-minute sessions that always began with 4 sets of 100 to 150 reps of body-weight crunches. Haidar didn't reach the endurance test totals of another ab-man on our list, Serge Nubret. Nevertheless, his fondness for 6-times-weekly, crank-up-the-volume middle management was an anachronism in an age when too many bodybuilders neglected abs.

STYLE

High frequency,
moderate sets,
high reps

WEEKLY WORKOUTS
6

SETS PER EXERCISE
3–4

REPS PER SET
25–100

SETS PER WORKOUT
14–16

REPS PER WORKOUT
650–780

TYPICAL EXERCISES

Crunch, hanging leg raise, lying leg raise, twisting cable crunch

DAVID HENRY

Between 2008 and 2013, Henry won eight 202 or 212 pro titles, including the 2008 Olympia 202 Showdown. During that run, he was bodybuilding's premier practitioner of DoggCrapp—the unfortunately titled system that focuses on strength increases with low volume and high intensity. The same approach was applied to abs. DC prescribes one working set (after one warmup) for each of two ab exercises, going to failure with 15 to 20 straight reps or 20 to 30 rest-pause reps. Utilizing this unique philosophy of maximum work in minimum time, Henry achieved results that were readily apparent as he collected wins.

STYLE

Low frequency,
ultralow sets,
moderate reps,
few exercises,
high intensity

WEEKLY WORKOUTS
1.5 (3 every 2 weeks)

SETS PER EXERCISE
1 (plus 1 warmup)

REPS PER SET 15–30

SETS PER WORKOUT
2 (plus 2 warmups)

REPS PER WORKOUT 30–60

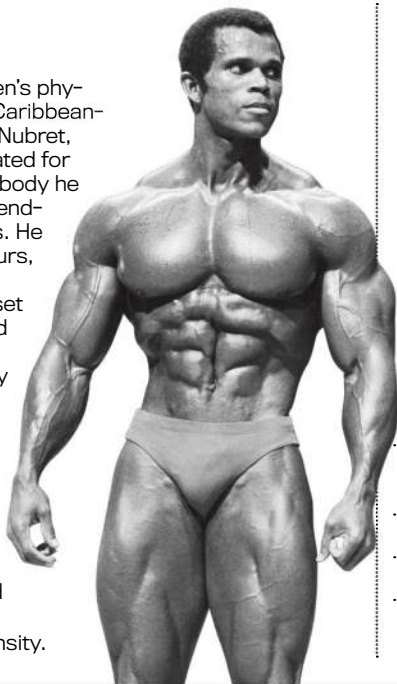
TYPICAL EXERCISES

Machine crunch,
hanging leg raise



SERGE NUBRET

If there's a forefather to the men's physique division, it could be this Caribbean-born Frenchman. The six-foot Nubret, who died in 2011, is still celebrated for the supremely sculpted upper body he sported in the '70s. Equally legendary are his marathon workouts. He frequently trained for three hours, twice daily, six days per week, pumping out ludicrously large set and rep totals. And he stressed abs more than anything else. They were hit for an hour every workout day and sometimes even on so-called off days. He chose at most three exercises (and sometimes only one), and he plowed through one mega-high-rep set after another. Certainly, this training style can be supremely boring. Nevertheless, Nubret achieved a rare combination of a wispy waist with eye-catching ab density.



STYLE
High frequency,
ultra-high sets,
ultra-high
reps

**TYPICAL
EXERCISES**
Situp, hanging
knee raise,
broomstick
twist

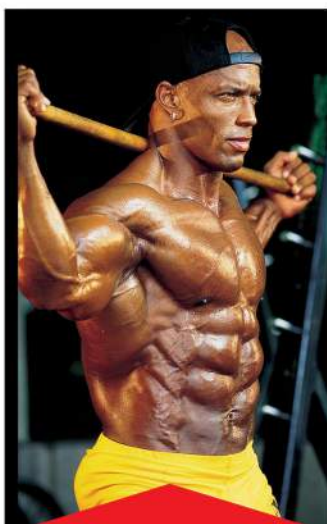
WEEKLY WORKOUTS 6-7

SETS PER EXERCISE
10-30

REPS PER SET 50-200

SETS PER WORKOUT 20-30

REPS PER WORKOUT
2,000-2,500



SHAWN RAY

At 168 cm and 95 kg, California's Ray made 12 straight Olympia posedowns from 1990-2001 by fending off taller opponents, some of whom outweighed him by more than 18 kg. He accomplished that by presenting a perfectly proportioned physique that brought out the details others neglected. One key component to his success was Sugar Shawn's deeply etched midsection, which combined ice cube rectus blocks with splintered oblique sheaths. He did two different ab workouts, alternating three exercises one session with a different trio the next time.

STYLE
Moderate frequency,
moderate sets, high reps,
exercise variety

TYPICAL EXERCISES
Hanging knee/leg raise,
bench leg raise, broomstick
twist, twisting crunch,
decline situp

WEEKLY WORKOUTS
3

SETS PER EXERCISE
3

REPS PER SET
30

SETS PER WORKOUT
9

REPS PER WORKOUT
270

THIERRY PASTEL

The 157 cm Pastel was a protégé of fellow Frenchman Nubret. What Pastel gave up in height he made up with abdominal density. At his best in the early '90s, when he was a pro posedown perennial, his eight-pack was the most pronounced rectus wall in bodybuilding. A strong case can be made for him and not Haidar as No. 1 on any list of best abs ever. Following Nubret's lead, Pastel cranked up the volume. However, unlike his adviser, he used more exercise variety, and he didn't make every day an ab day.

STYLE

High frequency,
high sets,
high reps

TYPICAL EXERCISES

Crunch,
twisting situp,
knee-up, side
bend

WEEKLY WORKOUTS 4

SETS PER EXERCISE 5-6

REPS PER SET 50-100

SETS PER WORKOUT 20-24

REPS PER WORKOUT 1,000-1,800



DEXTER JACKSON

As evidenced by his record-setting fifth Arnold Classic victory in March, even at 45 the Blade has abs capable of cutting through the competition. However, to see him at his peak, Google photos of him from a decade ago. In 2005, when he won his first Arnold title, Jackson's middle was among the best ever, notable for its perfectly aligned rectus rectangles and its piano-key obliques. The 2008 Mr. Olympia hits abs every other day with minimal volume but relatively high reps.

STYLE

Moderate frequency, low sets, high reps

WEEKLY WORKOUTS 3

SETS PER EXERCISE 3

REPS PER SET 30-50

SETS PER WORKOUT 9

REPS PER WORKOUT 270-450

TYPICAL EXERCISES

Crunch, knee-up, cable crunch

MOHAMED MAKKAWY

With his superb proportions and masterful posing, the Magic Egyptian cast a spell that made observers forget that he stood only 157 cm and weighed no more than 73 kg. Despite his diminutive stature, Makkawy won six pro shows in the early '80s and finished second in the Mr. Olympia twice (1983-84). A key component of his enchanting aura was his carefully sculpted abdomen. His midsection was so superb it drew attention even when he locked in his front double biceps or twisting side triceps. He earned those abs with frequent six-exercise, 30-set routines, which included three leg- or knee-raise exercises (targeting lower abs). Let his success stand as a testament to the importance of waist management. Abs were the slingshot that allowed this David to slay entire lineups of Goliaths.

STYLE

Moderate frequency, high sets, moderate reps, many exercises

WEEKLY WORKOUTS 4-5

SETS PER EXERCISE 5

REPS PER SET 15-25

SETS PER WORKOUT 30

REPS PER WORKOUT 350-600

TYPICAL EXERCISES

Lying leg raise, hanging knee/leg raise, situp, twisting situp, crunch



MILOS SARCEV

Yugoslavian-born Sarcev won only one contest in his prolific pro career. Nevertheless, even when he was overwhelmed by mass monsters in the '90s or when his conditioning was less than high-def, the classically shaped Sarcev often flexed the best abs in the lineup. He typically worked his midsection with trisets and giant sets, going from one exercise to the next without halting. Sarcev hit abs twice weekly in the off-season, but cranked the frequency up to every workout day pre-contest.



STYLE

Low frequency (high frequency pre-contest), moderate sets, moderate reps, trisets, giant sets

TYPICAL EXERCISES

Hanging leg raise, cable crunch, knee raise, twisting crunch

WEEKLY WORKOUTS 2 (6 pre-contest)

SETS PER EXERCISE 3

REPS PER SET 15-25

SETS PER WORKOUT 12

REPS PER WORKOUT 240

DORIAN YATES

You probably didn't expect to see this six-time Mr. O in an ab article. Abs are perceived as adornment for paradigms of aesthetics like the much-smaller Shawn Ray, not 118-kg mass monsters like Yates. Admittedly, Yates' middle got muddled in his final years. But during his first few Olympia wins, this Englishman flexed abs that could not be overshadowed. You might anticipate that the ultimate HIT man did only one or two high-intensity working sets of eight to 10 reps. Instead, acknowledging that abs responded differently from other body parts, he employed higher sets and reps and focused less on reaching failure. Nevertheless, he worked waist with as little as 10% the weekly rep volume of his nemesis Ray, proving there's more than one way to build great abdominals. **FLEX**

STYLE

Low frequency, low sets, moderate reps, few exercises

TYPICAL EXERCISES

Crunch, reverse crunch

WEEKLY WORKOUTS 1 (2 pre-contest)

SETS PER EXERCISE 3

REPS PER SET 12-20

SETS PER WORKOUT 6

REPS PER WORKOUT 81-105





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2015 NY PRO

DIESEL DOES IT

**IT WAS CLOSE, BUT JUAN MOREL
BESTED VICTOR MARTINEZ AND
MAXX CHARLES TO TAKE THE NEW
YORK PRO TITLE**

BY **DAVE LEE** PHOTOGRAPHS BY **PER BERNAL**

.....

■ He finished fourth in his pro debut in 2012. He followed that up with a third in 2013 and a runner-up last year. Finally, on May 10, Juan Morel sealed his step-by-step ascension up the IFBB Pro League ladder with his coronation as the 2015 IFBB New York Pro champion. Morel did it over fellow New Yorkers Victor Martinez (second) and Maxx Charles (third) to capture his third title in four years and qualify for the 2015 Mr. Olympia.

Juan Morel brought the size and conditioning to triumph in New York.



MOREL FIRST TURNED HEADS

on the strength of his second-place heavyweight finishes at the 2010 North American and National championships. At 180cm, he had the quality and lines but lacked the thickness to overthrow his shorter foes, who carried more muscle on their compact frames. Morel went back to the drawing board and resurfaced as a super-heavyweight at the 2011 USA, his first contest on the West Coast. He finished second again, this time to eventual overall winner Steve Kuclo. He followed that up a month later with a class and overall win at the North American to earn his pro card.

The rookie pro scored his first win in his second show, the 2012 Europa Battle of Champions. In 2013, in addition to his third at the New York Pro, Morel placed second at the Tampa Pro. Last year was his most prolific competitive season, with eight total shows, including a win at the Toronto Pro and 10th at the Olympia. Morel has made significant improvements and if he keeps adding quality muscle to his back to match his already stellar pecs and delts, while keeping his svelte midsection, he has a real chance of moving up a few steps at the Olympia this September.

.....
2015 NY PRO

JUAN MOREL

1ST PLACE



VICTOR DENIED

Victor Martinez has had his share of ups and downs. Ups include six pro wins. Downs include injuries (a torn patellar tendon in his left leg in 2008 and broken right arm in 2012) and personal tragedy (the death of his mother months prior to the 2006 Olympia, and his sister murdered by a co-worker in 2009). But Martinez bounces back each time.

Martinez made his breakthrough in 2003 when this show was known as the Night of Champions. Even money was on Martinez—the highest-ranking athlete based on his eighth at last year's O—to win his second NYP.

It was a two-man battle from the outset, and they were oh-so-close in several poses. Some gave the edge to Martinez in both back shots, but Morel had the size advantage from the front. Side poses were a tie, with Morel taking chest and Martinez winning triceps. In the end, Morel was deemed sharper and perhaps a tad fuller to take the title.



**VICTOR
MARTINEZ**
2ND PLACE

MAD MAXX

Don't let the name fool you. Maxx Charles is the nicest, scariest-looking big dude you're likely to come across. The soft-spoken mountain of muscle is as humble as they come, but when he's attacking 90kg dumbbells in the gym or crunching most-musculars onstage, there is no doubt that Charles is in charge. With his expansive shoulders, top-shelf chest, huge guns, and tight waist, the second-year pro can stand with virtually anybody from the front. If he adds the requisite lower body and back muscle, he'll have the goods to compare from all angles and be a title contender.



**MAXX
CHARLES**
3RD PLACE

CLOSING BELL

With 11 athletes each in men's open bodybuilding and 212, 22 in bikini, 34 in figure, 44 in men's physique, and 32 in women's physique, the NYP proved to be another summer blockbuster for promoter Steve Weinberger and his team.



2015 IFBB NEW YORK PRO

- | | |
|------------------------------|--------------------|
| 1 Juan Morel* | USA |
| 2 Victor Martinez | Dominican Republic |
| 3 Maxx Charles | USA |
| 4 Henri Pierre Ano | Canada |
| 5 Grigori Atoyan | USA |
| 6 Clarence DeVis | Belgium |
| 7 Alexander Federov | Russia |
| 8 Pablo Ayala Zayas | Paraguay |
| 9 Derek Upshaw | USA |
| 10 Daniel Toth | Hungary |
| 11 Juan Carlos Graham | Mexico |

*Qualified for 2015 IFBB Mr. Olympia **FLEX**

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CLASSIC MUSCLE

BRITISH OLYMPIA

IT'S THE PROFESSIONAL OLYMPIA WEEKEND IN LAS VEGAS... THEN IT'S THE AMATEUR OLYMPIA IN LIVERPOOL.

The Olympia, in its professional guise, has only been staged in Britain once, back in 1982 when Chris Dickerson walked away from Wembley Conference Centre with the Sandow. So 33 years on it's quite a coup for the Echo Arena Liverpool to be hosting another British Olympia.

Hundreds of European athletes are expected to descend on Merseyside for the musclefest on October 31 and November 1. Already numerous Brits have qualified and the top six at next month's British Championships in Nottingham will also be eligible.

▶ **South Coast bikini champ Kate Errington is preparing for the big event in Liverpool**

JAMIE GRAY:
preparing for
the Amateur
Olympia.

PAGE 122

.....
SZILVIA BABINSZKI:
rocking a bikini
aged 37

PAGE 124

.....
RYAN TERRY:
try his high
volume arms
workout

PAGE 126

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GRAY'S ANATOMY

AESTHETICS AND CONDITIONING ARE JAMIE GRAY'S TRADEMARKS

■ **There are British** guys who have won more men's physique contests than Jamie Gray; but few have made a greater impact.

Gray burst onto the scene last year by winning the UKBFF North-West Championships and four months later finished fourth at the Arnold Classic Europe, displaying a torso as solid as it was aesthetic. After placing second at BodyPower, he's preparing for the Amateur Olympia in Liverpool.

Gray personifies the change in the sport, having trimmed down from a big but out of shape bodybuilder to a shredded and symmetrical physique look.

FLEX: When and why did you start weight training?

Jamie Gray: Throughout my childhood in the 1990s I played with toys like Action Man and Street Sharks. The toys had muscular definition that I never knew was possible until I turned on TV one day and watched pro wrestling. Since then I have been extremely passionate about all aspects of sport, health and fitness.

Why did you switch from bodybuilding to men's physique?

I had underlying health issues regarding my knee so although I train legs, and possess a well-developed set of wheels, they still for me are not up to scratch for bodybuilding. Men's physique is a more mainstream look, more accepted socially and has more sponsorship opportunities.

What's your training split?

- **Monday:** Back and biceps
- **Tuesday:** Chest and triceps
- **Wednesday:** Cardio and core
- **Thursday:** Quadriceps and hamstrings
- **Friday:** Shoulders
- **Weekends:** I rest and enjoy life!

What's your training style?

Bigger muscle groups like back require a lot more volume and exercises than, for example, biceps. My rep range is instinctive. If I feel like going heavier, with lower reps then I will and ditto if I feel like expending plenty of energy by doing more volume, for example 50 rep sets on clean and press. One thing I have learnt is variation is key. Keep your workouts exciting and stimulate all muscle fibre types. If you reach failure you are progressing.

Describe a favourite workout

I love training with somebody else. I'll train with anybody from any background as long as they are equally

motivated. I'm a big fan of letting them take the reigns. I've never woken up without pains in places I never knew existed after sampling another person's routine. Try it!

Volume training or high intensity?

I like to mix both in the same session. I prefer volume although I do include high intensity within each workout unless I have injuries or niggles. I can't stress enough the importance of listening to your body and ensuring you're fully warmed up before performing high intensity.

What are your best lifts?

Bench press 140 kg; squat 180 kg and deadlift 220 kg.

What do you do for cardio?

When I'm competing you will find me on a treadmill, usually doing a brisk uphill walk. I normally start at 25 minutes and increase the time by five minutes each week up to a show. I also do non-structured cardio off-season, for example taking my dog for a walk.

What do you eat in a day pre-contest?

- **Meal 1** Oats, whey protein, berries and flax oil
- **Meal 2** Sweet potato, turkey mince, flax oil and asparagus
- **Meal 3** Basmati rice, chicken, flax oil and asparagus
- **Meal 4** (pre-workout) Egg whites, flax oil, broccoli and black coffee
- **Meal 5** (post-workout) 30 g of whey protein and 2 apples
- **Meal 6** Sweet potato, cottage cheese and cauliflower

If you could only have three supplements, what would they be?

A multi-stage release protein shake as a convenience meal; BCAAs for pre and post weight training and cardio; Omega-3, 6 and 9 tablets.

What's the most common mistake in the gym?

Ego lifting. We have all stacked the EZ bar and given it a little swing but ego lifting eventually results in one outcome – injury. For most of us this sport does not pay the bills so guys, drop the weight, feel the movement in the targeted muscle and train hard and smart.

JAMIE GRAY

AGE 26

BIRTHPLACE Rochdale

HEIGHT 5' ft 9" / 175 cm


WEIGHT 76 kg / 168lbs (contest)

CAREER HIGHLIGHT Representing the UK at the Arnold Classic Europe

AMBITION To be the best I can be, as a UKBFF athlete and as a person.

SPONSORS CNP Professional, FoodTech, Evolution Gym, Carnivore Meat and Most Muscular Clothing.

FACEBOOK @Jamie Gray **INSTAGRAM** @JaymeGray1

A full-page photograph of a male bodybuilder posing on a stage. He is shirtless, showing extreme muscle definition and vascularity. He is wearing grey and yellow patterned shorts with a white circular tag on the waist that reads "63 IFBB". The background is dark with some stage equipment visible. A quote is overlaid in the top right corner.

"I'VE NEVER WOKEN
UP WITHOUT **PAINS**
IN PLACES I NEVER
KNEW EXISTED
AFTER SAMPLING
ANOTHER PERSON'S
ROUTINE. TRY IT!"

LATE BLOOMER

SZILVIA BABINSZKI DIDN'T COMPETE UNTIL SHE WAS 35. SHE'S NOW A UK CHAMPION.

With hundreds of teens and twenty-somethings flocking to bikini fitness, it's not easy for more mature women to make an impression. But UK Nationals champion Szilvia Babinski is enjoying success in Britain and abroad at the age of 37.

FLEX: How did you get into weight training?

Szilvia Babinszki: I always wanted to compete but didn't have enough confidence. As I was approaching 35, I decided that I wouldn't wait any longer to look the best I can. I turned to Helen and Sean O'Reilly for posing and training advice and they helped me to find my feet on stage. I just wanted to do one competition first but then I got hooked on it.

Is a separate category for women over 35 necessary?

I have to work twice as hard as in my early twenties to get the same results so it's fairer to compete with women of similar age.

How does being older affect your training?

From about age 35 onwards, our bodies start to lose lean tissue, bone density and our metabolisms start to slow down. I can have fewer cheat meals and have to work a lot harder in the gym but it's worth it.

Is getting lean the main difficulty?

Masters competitors can get very lean on their upper bodies but their lower bodies are often a mixture of fuller legs and flatter glutes. Therefore it is important to do lots of heavy training to shape the muscles well ahead of the show.

What's your training split?

- **Monday:** Legs
- **Tuesday:** Shoulders and arms

■ **Wednesday:** Glutes and hamstrings

■ **Thursday:** Back and core

■ **Friday:** Glutes and hamstrings

■ **Saturday:** Shoulders and core

■ **Sunday:** Plyometrics (and occasionally chest)

How many sets and reps do you do?

It depends on the body part but generally I prefer to do six sets of each exercise.

What's your favourite body part to train?

Glutes, as a great looking butt is a product of hard work. When women get lean, most of their muscles pop out but if your glutes are not developed they won't look good even when you're at your leanest.

Describe your pre-contest diet

I start from 1,800 kcal and decrease calories each week down to about 1,200 kcal. I eat about six meals a day and drink a minimum of 4-5 litres of water. The diet that works best for me is low in carbs and higher in healthy fats. Women burn a greater ratio of fat to carbs than men. This may be one of the reasons women do well on lower carb diets. I have a weekly refeed meal, which is usually a big bowl of porridge and banana after depletion cardio.

What do you eat in a typical day?

■ **6am** Black coffee, fish oil, liquid collagen and multivitamin

■ **8am** (after fasted cardio) 4 egg whites, 1 whole egg, vegetables and 30 g oats

■ **10am** Protein shake (1 scoop of protein, frozen spinach, ¼ avocado and ¼ cup of berries)

■ **Noon** 100 g chicken with chopped raw cucumber

■ **3pm** 100 g of lean beef with asparagus and ¼ cup of nuts

■ **6pm** 100 g of chicken or fish with leafy vegetables, cucumber and tomatoes

■ **9pm** (after training) Casein or fat-free curd cheese (túró in Hungarian)

What cardio do you do?

I have strong quads so long steady-state cardio leans them down. I do between 90 to 120 minutes in the last few weeks before competition and I throw in some plyometric exercises as well. It might seem a lot but I have a desk-bound office job as a marketing manager so I burn fewer calories. I change my cardio all the time otherwise I would be bored. My new favourite is lunges on incline treadmill.

If you could only have two supplements, what would they be?

Premium quality whey powder packed with all essential components and liquid collagen to keep my skin youthful.

SZILVIA BABINSZKI

AGE 37

BIRTHPLACE Hungary

RESIDES London

HEIGHT 5' 4" / 163 cm

WEIGHT 117 lbs / 53 kg
contest weight

CAREER HIGHLIGHT Winning the UK National Championships and top 10 and top 15 finishes at the Arnold Classic Europe and the IFBB European Championships respectively

AMBITION To become a professional athlete and inspire others.


TRAINING ADVICE Mix up your training to keep your body guessing.

FACEBOOK

@SzilviaBabinszkiUKBFF

TWITTER @szilvia_b

INSTAGRAM @szilvia_babinszki

A woman with long dark hair, wearing a green sports bra and black leggings, is working out in a gym. She is leaning forward, holding a thick black rope with both hands, and looking back over her shoulder at the camera. The background shows various gym equipment and a staircase.

"I CAN HAVE
FEWER CHEAT
MEALS AND
HAVE **TO WORK
HARDER** BUT
IT'S WORTH IT."



RYAN TERRY

TRY THIS HIGH VOLUME ARM-BUILDER
FROM BRITAIN'S OLYMPIA-BOUND IFBB PRO

Here is a workout I use to build muscle on my biceps and triceps.

Arms are obviously a key muscle group for competition and they get a lot of attention elsewhere so everyone wants bigger arms, myself included. They are actually one of my weaker body parts.

In this workout, I hit the larger, more dominant tricep muscles first, then move onto biceps.

To warm-up, I like to attach a rope to a cable and do two sets of 20-rep pushdowns, which ensures that the

muscle is pumped and the surrounding joints are loose.

For this routine, I vary the rep ranges and include plenty of volume and variety, including supersets, to keep shocking and stimulating the muscle.

If you would like to find out more about my arm-training, check out the September edition of *Muscle & Fitness*, which includes a superset-only arm workout I did with American men's physique pro Anton Antipov, who will be joining me on the Olympia stage this month in Las Vegas.



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**TRICEPS
PRESSDOWNS**

TRICEPS

1 DIPS

1 set, 20 reps

Bodyweight-only warmup set. Ensure your feet point forward, keep upward and don't allow your elbows to flare, otherwise you will put the emphasis on to your chest.

1 set, 10-12 reps

Try adding some weight to your waist and reducing the reps. Overloading the triceps will force them to grow.

2 sets, 6 reps

Add more weight until you can manage a maximum six reps. Rest for 90 seconds then revert to bodyweight-only and attempt another six.

1 set, to failure

After resting, do as many bodyweight reps as you can. It's not about how many you can get out on this set; it's more about feeling a controlled squeeze.

2 SINGLE-ARM CABLE PULLS

4 sets, 10-12 reps

Work each arm separately and increase the weight each set providing you manage a minimum of eight reps.

3 DUMBBELL KICKBACKS

3 sets, 12-15 reps

Retain control of the dumbbell at all times. No swinging! By this stage of your workout you've done plenty of heavy lifting; now it's more about control and isolation.

1 set, 10 reps, then to failure

Treat this set as a dropset by doing 1 on each arm then halving the weight and repping each arm to failure.

4 MACHINE TRICEPS DIPS

2 working sets, 15 reps

Perform every rep under control.

1 working set, 10 reps

Don't do more than 10.

1 working set, 10 reps

Lean in to the seat so that it takes away the option of swinging and engaging the delts.

1 drop set, failure

**5 SUPERSET ROPE CABLE
PUSHDOWNS AND
EZ BAR CABLE PUSHDOWNS**

3 sets, 20 reps

Rest for 60 seconds between sets. Quick tip: keep your shoulder blades back and don't lean over the rope or the EZ bar. This will really isolate the triceps.

6 TRICEPS PRESSDOWNS

3 sets, 25, 18, 12 reps

Increasing the weight each set.

1 drop set, 12 reps

Reduce the weight and do another 12 reps.





▲ BICEPS

1 SINGLE-ARM CABLE CURL

1 sets, 10 reps

On each arm followed immediately by 15 reps on both arms as warm-up.

2 sets, 10 reps

Increase the weight for second set.

1 drop set - 3 sets, 12 reps,

Pausing only to reduce the weight between sets.

2 BARBELL CURLS

2 sets, 12 and 10 reps

increasing the weight.

1 drop set; 2 sets, 8 reps

Pausing only to reduce the weight between sets.

3 HAMMER CURLS

1 set, 10 reps

On each arm, then immediately do another 5 using both arms.

1 set, 8 reps

On each arm, then immediately do another 5 using both arms.

1 drop set, 8 reps

On each arm, then reduce the weight and immediately do another 8 reps, then reduce the weight again and do 10 reps more until failure.

4 CABLE CURLS WITH V BAR

1 set, 20 reps, 1 set, 12 reps

Increasing the weight.

1 drop set, 12 reps

Then immediately lighten the weight and do 20 reps.

5 CABLE ROPE CURLS

2 sets, 15, 12 reps

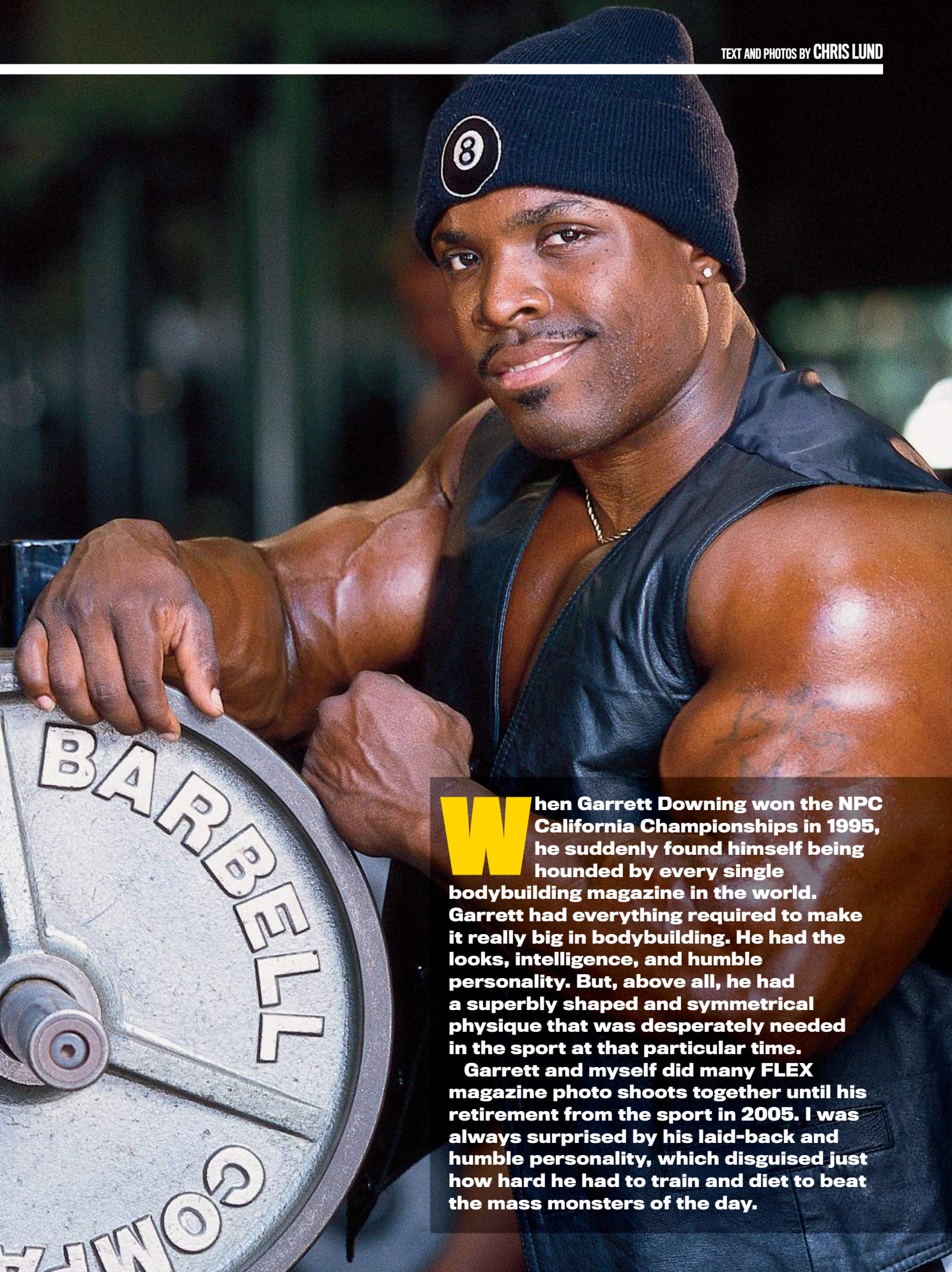
Increasing the weight.

1 drop set, 12 reps

Then immediately lighten the weight and do 20 reps.

Garrett with
Melvin Anthony

GARRETT DOWNING



When Garrett Downing won the NPC California Championships in 1995, he suddenly found himself being hounded by every single bodybuilding magazine in the world. Garrett had everything required to make it really big in bodybuilding. He had the looks, intelligence, and humble personality. But, above all, he had a superbly shaped and symmetrical physique that was desperately needed in the sport at that particular time.

Garrett and myself did many FLEX magazine photo shoots together until his retirement from the sport in 2005. I was always surprised by his laid-back and humble personality, which disguised just how hard he had to train and diet to beat the mass monsters of the day.

When Garrett Downing turned Pro in 1999 after winning the heavyweight division at the NPC USA Championships, he appeared to be on his way to the top of world class bodybuilding. A few days after that show, we sat down and conducted the following interview for FLEX. Here is what he had to say:

"Well, turning pro was most certainly a dream come true for me; however, only a few years before, it wasn't even on my radar. When I did my first bodybuilding show back in 1993 at the suggestion of others, I didn't know the first thing about competing, and never had any thoughts in my head that one day I would actually end up becoming a professional bodybuilder. I just loved to train and read magazines like FLEX and MUSCLE & FITNESS for inspiration.

"I then actually entered as a 'no name' and swept by seasoned amateurs including Rico McClinton, Tom Prince, and Chris Aceto for the Heavyweight and Overall titles. After that, I was encouraged to do the prestigious California Championships, and, once again, I competed with no major thoughts of 'making it.' But, to my surprise (and many others), I took that same overall title in 1995, that had previously launched the careers of other top pros including Flex Wheeler and Shawn Ray. Still, as I said, I really had no plans to become a professional. In 1996, however; I entered the USA Championships, just for fun, with no idea how I would stack up. Truly, it was not until that show, in which I placed fifth with Craig Titus as the winner, that I realised I might just have what it takes to be a pro bodybuilder. Unfortunately, with my newly-formed desire to become a pro, my quick successes came to a sudden halt in 1997, when I found myself with a string of third places as I tried desperately to win my pro card.

"Looking back, I found that I always had difficulty hitting my peak condition, because I found myself forever struggling against the clock. In those earlier days of my bodybuilding career, I had a less stressful job and life schedule. I lived, worked, and trained within a 6-mile radius. But, in 1997, I took on a new, more important job, and changed residences, which entailed an 80-mile-a-day round-trip commute. There simply never seemed to be enough time in the day

to train, diet, and rest as much as I needed to. I did; however, manage to make it happen, though, and, in 1999, through sheer determination I finally won the Heavyweight NPC USA Championships. I actually knew in my heart before the contest that it was 'do-or-die' situation because it would be my last shot at getting my pro card. Perhaps that's why I can now look back at it as a tremendous self accomplishment!"

TRAINING FOR THE 1999 NPC USA CHAMPIONSHIPS

I trained five days a week. Because my upper body always grew more readily than my legs, I followed a rather unusual body part split routine. Certainly things varied from time to time, but I often made the foundation of my training as follows."

MONDAY Quads

TUESDAY Hamstrings & Calves

WEDNESDAY Rest

THURSDAY Chest or Arms (this alternated every week because my chest and arms have always responded quickly, so it was best not to overtrain them). Abdominals.

FRIDAY Quads & Hamstrings

SATURDAY Rest

SUNDAY Back or Shoulders (again, I alternated every week to allow for more training of my legs and calves). As far as sets are concerned, it really depends upon the size of the body part being trained. For quads, I would do up to 22 sets, but for something like biceps, I would never do more than 10 sets total."

HIGH REPS OR LOW REPS

Because I believe in the combination of both high and low reps, I employ the pyramid system of training. With upper body movements, I use a rep range between 12-15 and pyramid down to a 6-8 reps range. With legs; however, I have found much more value in higher reps. My rep range never went below 12-15, but it could often include sets of 30-40. Doing higher reps for my legs always helped me make greater progress.

HEAVY WEIGHTS

Absolutely! I train heavy whether I am in the off-season or getting ready for a show. It is the only way to build muscle mass, and to maintain it when you're dieting.

HEAVY DUTY

If you are referring to Mike Mentzer's system of Heavy Duty, then I do believe that training heavy to failure is highly effective as far as building strength and muscle are concerned, and certainly I did employ this particular principle. Having said that, I personally believe in more volume training than what I understand to be the Heavy Duty programme. You simply must tax the muscles in order to make them grow, and to me, that would happen with both volume and heavy, hardcore training. I am a former powerlifter, so I'd be the first to say that training heavy and developing strength is the true key to muscular growth. My training style was a combination of powerlifting and bodybuilding.

A DAY IN THE LIFE OF GARRETT DOWNING

I get up most mornings between 4 and 4:30 a.m. I drink a cup of strong coffee and have 2 tablespoons of peanut butter. I leave for the gym at about 4:45 a.m. for 30-45 minutes of cardio, then race back to my home to get ready for the day. My first meal is a good quality protein shake, followed by 2 cups of oatmeal, 8 oz of chicken and 4 whole eggs. I pack my meals, vitamin supplements, and water for the day in a cooler, and get on the freeway by about 6:15 a.m., arriving at work before 7 a.m. In order to get all my meals in, I duck off the psychiatric floor into the nurse's lounge where I microwave 10 oz of chicken and 2 cups of rice at 9 a.m. My next two meals are the same at 11:30 a.m. and again at 2 p.m. Also during the day, if I can get a break, I will answer any pressing business calls via my cell phone from the nurse's lounge. (Editor's Note: At the time of this interview, Garrett worked full time in the psychiatric and counselling field after he left the Marine Corps in 1992, serving in Desert Storm.)

Leaving work around 3:30 p.m., I arrive home around 4:15 p.m., have another protein shake, plus two tablespoons of peanut butter and leave for the gym again, to train for about an hour. I usually go to the grocery store if I need to after training then prepare both my evening meals as well as my next



day meals. By 7 p.m., my partner, Annemarie, gets home and we have dinner together, which is usually a 12 oz steak with a large serving of vegetables. After dinner, I check my emails, return business phone calls, and tend to business items that I couldn't get to during the day. I then try to get to bed between 8:30 p.m. and 9 p.m. so that I can start all over again the next day!"

TRAINING SHOULDERS & LEGS

SHOULDERS

On shoulder day, I always combine compound and isolation movements, which means that I train all 3 components of the deltoid muscle.

1. Dumbbell presses: 2 x 12 and 2 x 8 reps.
2. Dumbbell side laterals: 4 X 15 reps.
3. Military press to the front: 2 x 12 and 2 x 8 reps.
4. Rear delt machine or bent over laterals: 3 x 15 reps.

LEGS

Legs are always a priority for me, so I emphasized both volume and intensity.

QUADS

1. Squats: 5 x 20-30 reps, beginning with 225 lbs, working up to 405.
2. Leg press: 5 x 25-40 reps, beginning with 800 lbs, working up to 1,200 lbs.
3. Hack squats: 5 x 20-30 reps.
4. Lunges: (pre-contest only) 3 x 40 reps.

HAMSTRINGS

1. Lying leg curls: 5 x 12-20 reps.
2. One legged curls: 4 x 15 reps.
3. Stiff leg dead lifts: 4 x 12 reps.
4. Seated hamstring curls: 3 x 15 reps.

TRAINING FOR THE AVERAGE BODYBUILDER

For an average bodybuilder, I recommend training no more than 1 body part per day (hence, the 4-5 days of training per week), split the following way. Begin with the larger body parts, the chest and legs. Doing it this way means these parts make optimal use of their energy and recuperation during the cycle.

MONDAY Chest: 3 exercises, 3-4 sets each.

TUESDAY Quads and Hamstrings: 4 exercises total, 4 sets each.

WEDNESDAY Shoulders: 3 exercises, 3-4 sets each.

THURSDAY Rest.

FRIDAY Back: 4 exercises, 3 sets each.

SATURDAY Arms: 2 exercises for triceps, 3 sets each. 2 exercises for biceps, 3 sets each.

SUNDAY Rest.

INJURIES

I was fortunate to have never been injured through training—a testament to the importance of proper form, adequate rest, and nutrition. I have; however, been injured as a result of activities outside the gym. I once tore my biceps goofing around on a football field with kids I used to counsel. I was rushed to a hospital and, moments before going under the knife, an outstanding orthopaedic surgeon stopped the whole process and told the other doctors that they shouldn't operate on me. He recognised that, as an athlete, being cut would ruin my career. I am very grateful for what he did. I certainly wouldn't have become a pro bodybuilder if he had not intervened. With his help, we constructed a solid rehab programme and I got back to 100%.

GREATEST BODYBUILDER OF ALL TIME

Arnold Schwarzenegger was without a doubt the greatest bodybuilder of all time. It isn't just about having the best physique, it's also about what you do to promote the sport. Arnold has taken an underground, counter-culture sport and brought it to worldwide attention. However, when I was training and coming up through the ranks, the one bodybuilder I admired and sought to emulate was (and still is) Shawn Ray."

DRUGS & BODYBUILDING

I must confess I am appalled at the use of recreational drugs in the sport. There is absolutely no reason whatsoever why a pro athlete should be using cocaine, nubain, or other such purposeless drugs. Perhaps I sound like a goody-two-shoes, but bodybuilding

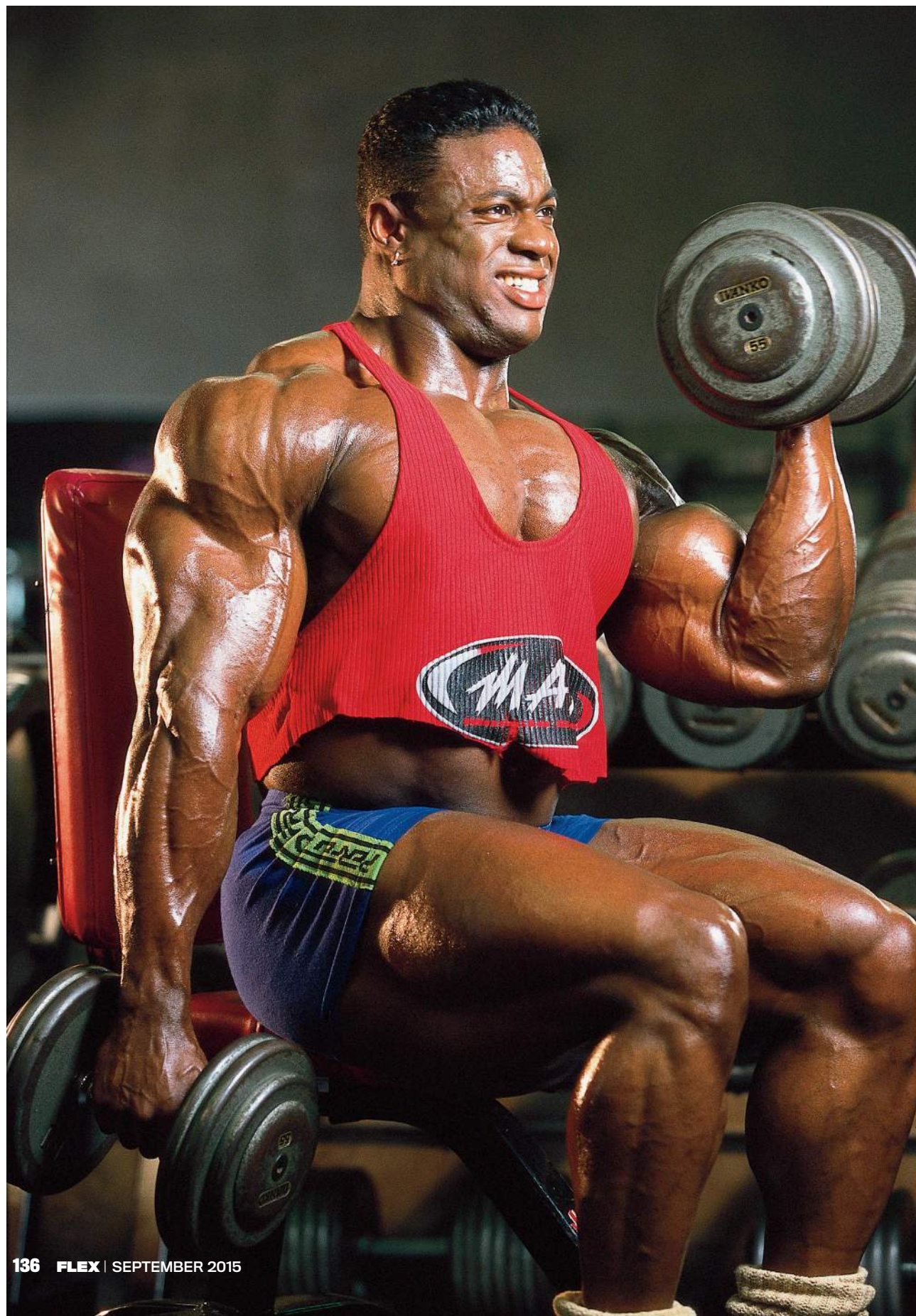
is just that—building your body. We are athletes and this is a sport about health and fitness. Taking recreational drugs is directly counter to that. So, yes, I am not saying that an occasional glass of wine or beer is a problem—but getting high on coke? Ecstasy? That doesn't belong in the lifestyle of a competitive bodybuilder or any other athlete, for that matter. And, while we are on the subject, let's not forget this bizarre practise of shooting substances such as synthol into your body parts. It looks absolutely ridiculous and competitors should be penalised for it. That's not what the sport is about. What happened to actually training a body part?"

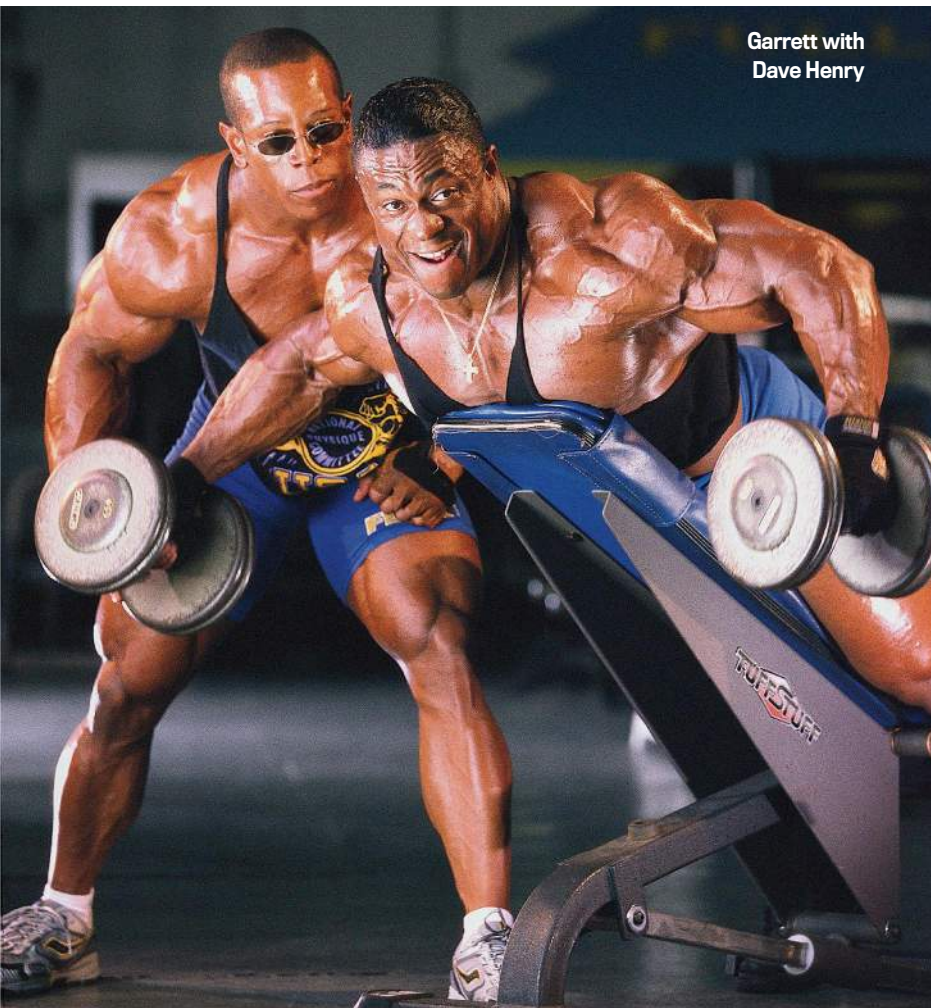
HELP

Many people have stood by me from my early years—friends, family, fans, and, notably, the staff at FLEX and MUSCLE & FITNESS. I was always encouraged by the attention that the editors, writers, and photographers paid me when I was an amateur. Sometimes I think they saw the ability and talent in me that I may not have. I have to also thank NPC Chairman, Jim Manion, and his wife, Debbie. In 1998, I was considering calling it quits after placing third in both the USA Champs and the IFBB North America show. Debbie and Jim encouraged me to compete in the 1999 NPC USA Champs where I won my pro card. The one person who has stood by me unwaveringly is my partner, Annemarie. She is extremely supportive and has influenced my career in many ways. Ours is not the relationship where the wife or girlfriend cooks for the bodybuilder, etc. She herself is a successful professional with whom I have a multi-faceted partnership."

Garrett decided to make the difficult decision to retire from professional bodybuilding in 2005, because he felt that he had gone as far as he could. "You know me Chris." He told me one day. "I really love training and dieting doesn't bother me as much as it does other guys. The truth of the matter is, I just do not like the way the sport is going at the moment. I know what it takes to build all this super massive freaky muscle, and I'm simply not prepared to play Russian Roulette with my health!"







Garrett with
Dave Henry



Garrett with
Melvin Anthony

CONTEST CAREER

1995

California Championships
- NPC, Heavyweight, 1st
California Championships
- NPC, Overall Winner

1996

North American Championships
- IFBB, Heavyweight, 2nd
USA Championships
- NPC, Heavyweight, 5th

1997

Nationals
- NPC, Heavyweight, 3rd
USA Championships
- NPC, Heavyweight, 7th

1998

North American Championships
- IFBB, Heavyweight, 3rd
USA Championships
- NPC, Heavyweight, 3rd

1999

USA Championships
- NPC, Heavyweight, 1st

2000

Night of Champions - IFBB, 13th
Toronto Pro - IFBB, 8th

2001

Arnold Classic - IFBB, 10th
Grand Prix Australia - IFBB, 8th
Grand Prix Hungary - IFBB, 9th
Ironman Pro Invitational
- IFBB, 6th
San Francisco Pro
Invitational - IFBB, 6th

2002

Arnold Classic - IFBB, 14th
Grand Prix Australia - IFBB, 6th
Grand Prix Austria - IFBB, 7th
Ironman Pro Invitational
- IFBB, 7th
San Francisco Pro Invitational
- IFBB, 9th

2004

Florida Pro Xtreme Challenge
- IFBB, 9th

2005

Toronto Pro - IFBB, 5th

LAST SET

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**EMMA
PAVELEY**
Brits shine
but medal
eludes.
PAGE 140

.....

**RYAN
TERRY**
Making
British and
Olympia
history.
PAGE 141

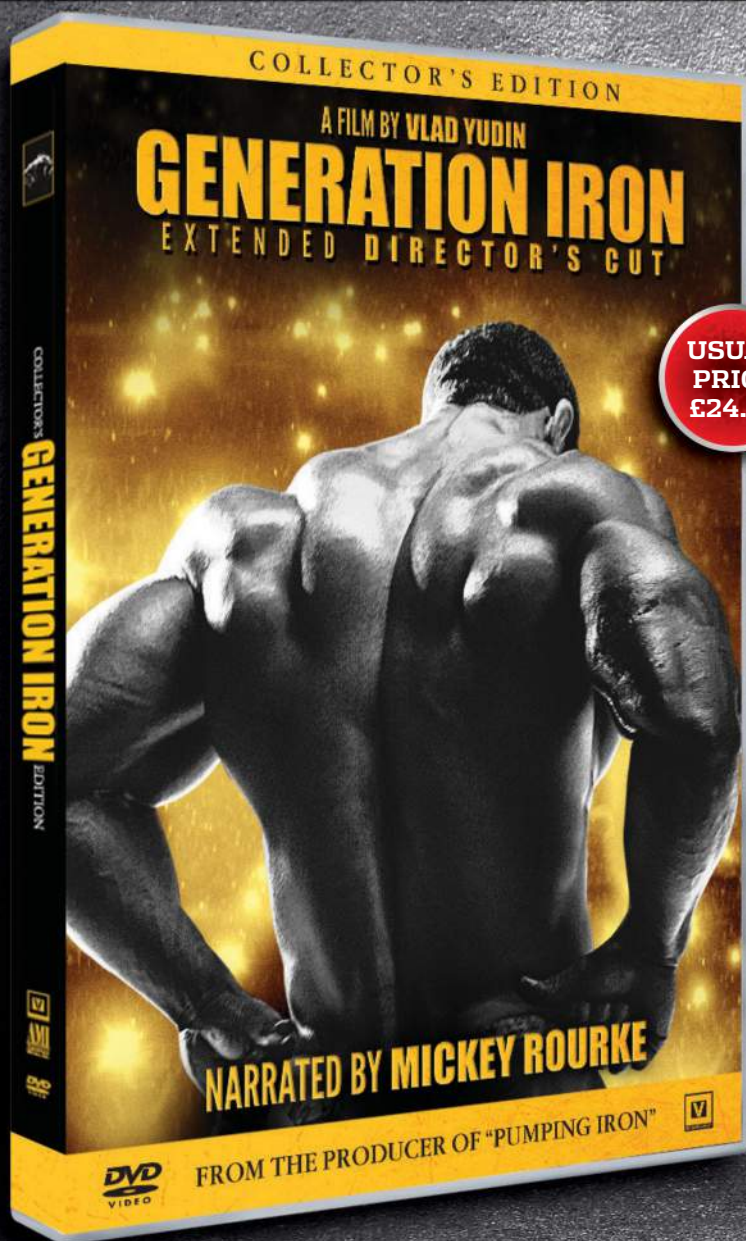
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**LISA
CROSS**
Guns for
gold.
PAGE 142

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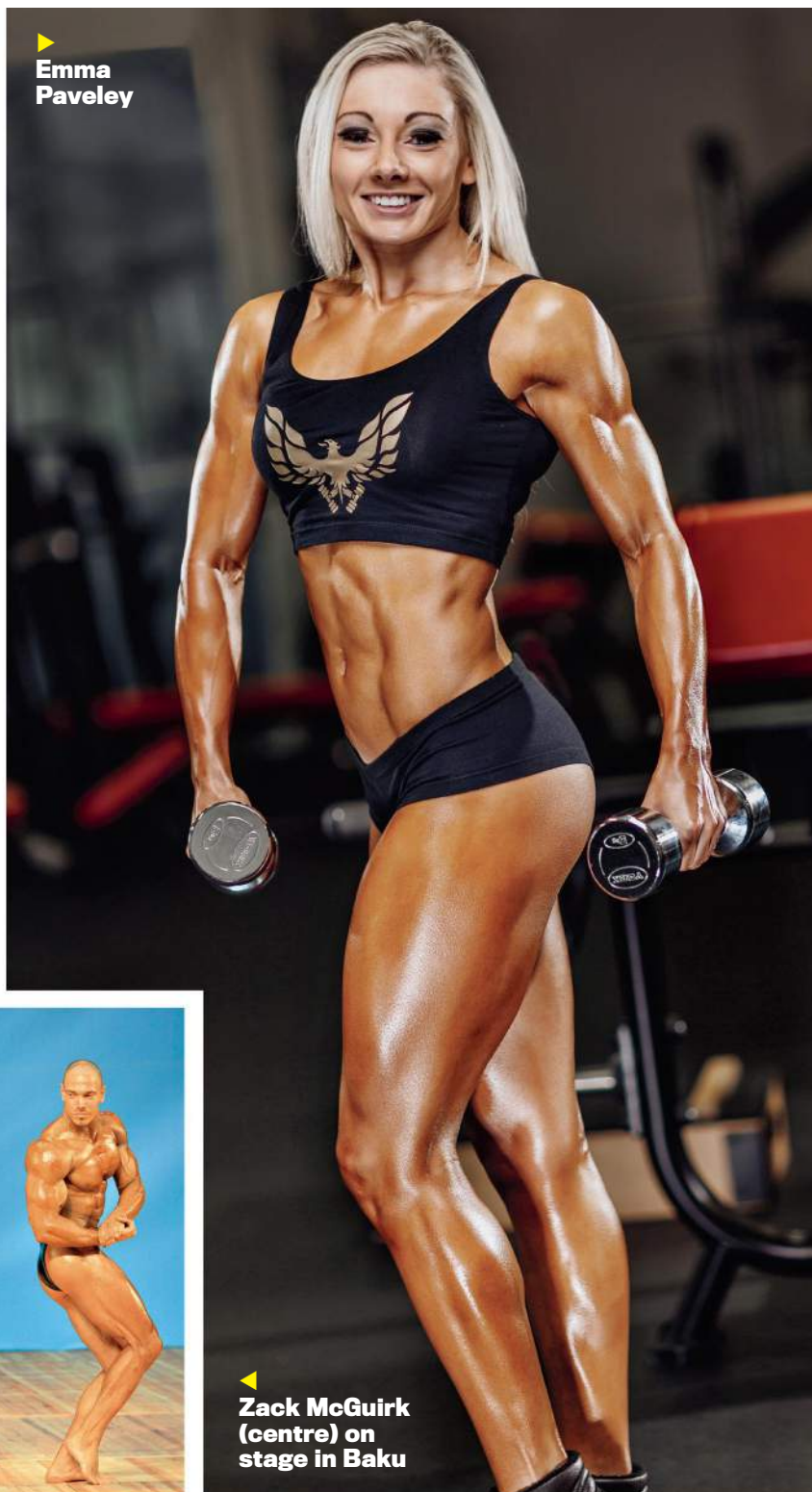
BRITS JUST MISS MEDALS AT EUROPEAN GAMES

BRITAIN HAD 2 representatives in the bodybuilding competition at the inaugural European Games in Baku, Azerbaijan.

More than 6,000 athletes competed in 20 sports at the 2-week games, which was organised by the European Olympic Committees. Bodybuilding featured on the attached cultural programme. The UKBFF selected classic bodybuilder **Zack McGuirk** and fitness competitor **Emma Paveley** and they equipped themselves well by both finishing fourth.

Former British champion McGuirk, from Blackpool, competed in the over-180 cm height division; Paveley, a bronze medallist at the IFBB World Championships, was in a single height class that was stacked with talent. British athletes also shone at the Amateur Olympia in Spain but again missed out on medals. Joanna Wolosz, Kate Errington, and Georgia Lewis finished ninth, tenth, and thirteenth, respectively, in their bikini fitness categories. Richie O'Donnell placed ninth in men's physique.

Large British teams are expected to participate in the Arnold Classic Europe in Spain from September 25 to 27 and the Amateur Olympia in Liverpool on October 31 and November 1 in what is shaping up to be the busiest year ever for amateur bodybuilding in Britain.



▶ **Emma Paveley**



▶ **Zack McGuirk (centre) on stage in Baku**



Ryan Terry

BRITISH PIONEERS

RYAN TERRY GOES FOR GOLD AT THE OLYMPIA

RYAN TERRY will make history this month by becoming the first Briton to compete in men's physique at the Olympia.

The FLEX columnist, who turned pro after winning the British Championships and Arnold Classic Europe in 2013, arrives in Las Vegas on a roll having won two pro shows already in 2015.

Terry's feat makes it timely to look back at other British firsts on the Olympia stage.

Albert Beckles became the first man from these shores to compete at the biggest show on earth 40 years ago. After Dorian Yates, Beckles is widely regarded as the greatest British bodybuilder of all time. In a remarkable career spanning 3 decades, he competed

in 13 Olympias, with a career high second place in 1985.

Carolyn Cheshire lined up at the first Ms Olympia in 1980 and went on to take part in 5 more. 15 years later, Christine Tooze entered the first Fitness Olympia. Nicole Pitcher-Scott remains the only British-born Figure Olympian.

Flex Lewis won the inaugural 212 Showdown in 2012. He also finished third in the first 202 contest in 2008.

Two years ago, Michelle Brannan won the race to become the nation's first bikini Olympian. Now that Terry has done likewise in men's physique, the only event that has yet to see British representation is women's physique. Who will make history there?

OLYMPIA FIRSTS

BODYBUILDING

Albert Beckles / 1975

FEMALE BODYBUILDING

Carolyn Cheshire / 1980

FITNESS

Christine Tooze / 1995

FIGURE

Nicole Pitcher-Scott / 2007

212

Flex Lewis / 2012

BIKINI

Michelle Brannan / 2013

MEN'S PHYSIQUE

Ryan Terry / 2015

WOMEN'S PHYSIQUE

None

BIG IN AMERICA

LISA CROSS IS GUNNING FOR THE WORLD CHAMPIONSHIPS



Posing practice with
coach Alina Popa

LISA CROSS became the first British woman since Joanna Thomas in 2001 to win a pro bodybuilding contest when she finished first at the 2015 Wings of Strength Omaha Pro.

Cross' victory at the inaugural pro show of the season qualified her for the Rising Phoenix World Championships in San Antonio, Texas on August 22.

Jake and Kristal Wood and Brian Tosko at Wings of Strength and promoter Tim Gardner are staging the world championships, which replaces the Ms Olympia and carries a winner's purse of \$50,000 and a customized Jeep.

Ms Olympia veterans Yax-eni Oriquen-Garcia and Debi Laszewski are likely to be among Cross' rivals, not that she will be phased by the prospect of competing against such distinguished names after beating a number of seasoned pros.

Cross' shape and symmetry, and much improved conditioning, caught the judges' eyes. It was a far cry from her pro debut at the 2014 Tampa Pro when she admits conditioning let her down.

That result prompted her to team up with top IFBB pro Alina Popa. "Being prepped by Alina, I did many things differently," says Cross. "It was a real eye opener and I feel I have learnt so much."

"Her knowledge is second to none and, more importantly, her support was unwavering. It was so reassuring to have her on hand, especially in the final few weeks of prep."

Cross is continuing to work with Popa in the run up to the world championships. "Alina has a better understanding of how my body reacts now so we hope to bring a bigger, but equally tight, package to the finals."

Let's hope the collaboration between the two women continues to be successful and that Cross follows in the trailblazing footsteps of fellow Brit, Andrulla Blanchette, who won the lightweight Ms Olympia in 2000.

BY JOHN PLUMMER

BODYBUILDER OF THE MONTH

GLENN WILLIAMS

Williams made quite an impact on his UKBFF debut by winning the juniors at the Maxxmuscle North Championships in style. Weighing 198 lbs and standing 5-feet, 11-inches tall, Williams, 23, displayed sufficient muscle and shape to suggest that he is going to be a major force at next month's British Championships.

PREVIOUS WINNERS

JANUARY Nathan De Asha

FEBRUARY Dean Lesiak

MARCH Zack McGuirk

APRIL Gordon Singh

MAY Emma Paveley

JUNE Zak Pallikaros

JULY Daniel Feeney

AUGUST Samson Dauda



THE SHOT

RONALD DEAN COLEMAN

Born **May 13, 1964**

Birthplace

**Monroe,
Louisiana, USA**

Height **5'11"**

Top Onstage Weight

297 lbs

Career Highlights

1998-2005

Mr. Olympia, 1st

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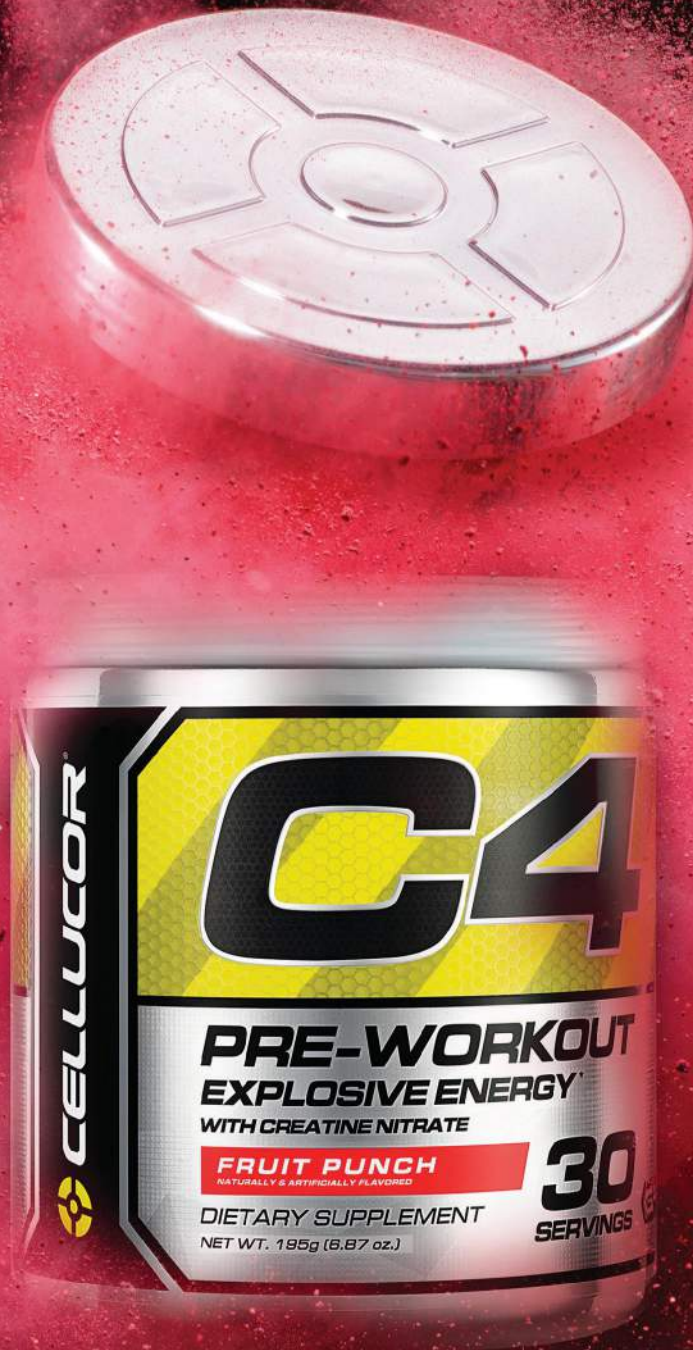
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